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Dinosaur skin a 'mixed bag,' say paleontologists

SCIENCE

Study finds evidence of fuzz, scales, feathers: ROM researcher

Birds of a feather flock together — but were dinosaurs among them?

The debate over feathered dinosaurs has been raging for years in pop culture and the scientific community. Were most dinosaurs scaly, like the crocodile-like creatures of Jurassic Park, or feathered, as some researchers have proclaimed in recent years?

One Toronto paleontologist says it's more complicated than that.

David Evans of the Royal Ontario Museum joined forces with scientists at the Natural History Museum and Uppsala University to examine about 80 dinosaur species in what Evans calls the "largest study of dinosaur skin structures."

Their sweeping new study, published this week in Biology Letters, suggests dinosaurs had many skin types, ranging from feathered to scaly to fuzzy.

Take the terrifying 12-metre-long Tyrannosaurus Rex, the late-Cretaceous-period predator that Evans says was actually covered in a hair-like fuzz.

As for the direct precursors to modern bird feathers, Evans says those only appeared in a small group of meat-eating dinosaurs such as the Velociraptor — a feathered predator bearing striking similarities to present-day birds of prey.

> **We have very few records of the skin of early dinosaurs. We'd like to see more fossils from early in their evolutionary history.**
>
> David Evans, Royal Ontario Museum

Scientists have identified certain quill-like structures on the skin of plant-eating dinosaurs as well, but this new research suggests these were a separate "evolutionary experiment" that doesn't have much to do with the origin of true feathers, according to Evans.

"Our ultimate conclusion is, when you look at the total body of evidence of dinosaur skin structures and how they are arranged on an evolutionary tree of dinosaurs, the ancestor of the dinosaurs and the first dinosaurs were scaled," he says.

Jordan Mallon, a research scientist in paleobiology at the Canadian Museum of Nature in Ottawa, says this study is a "first step" toward framing the debate about where feathers originated in dinosaurs.

Still, figuring out the feather's genetic trail is tricky. "For every feathered dinosaur you get, you tend to find non-feathered dinosaurs. It's a mixed bag across the dinosaur family tree," Mallon says.

He compared it to the evolution of four-legged animals — also known as tetrapods — which also exhibited evolutionary experimentation. Some early creatures had upwards of six or seven fingers, Mallon notes. "It's only much later that they settled on the five-digit pattern."

Jakob Vinther, a paleobiologist at the University of Bristol, says Evans' research is "scientifically sound" but notes that missing fossils present a challenge.

"We need very, very exceptional circumstances to get feathers preserved," he says.

Evans agrees the records are biased. "We have very few records of the skin of early dinosaurs," Evans says. "We'd like to see more fossils from early in their evolutionary history."

However, for the iconic T-Rex and Raptors of Jurassic Park fame, one thing is certain: both were far fuzzier or feathery than the movies suggest.

TORSTAR NEWS SERVICE

A T-Rex on display in the Royal Ontario Museum.
BERNARD WEIL/TORSTAR NEWS SERVICE

BILLY BISHOP

Airport tunnel delayed

Though it has nearly reached completion, the pedestrian tunnel to Billy Bishop Airport won't open until after the Pan Am Games.

That further delay was announced by PortsToronto this week after earlier construction issues pushed the opening back to late spring.

The port authority said the tunnel's "substantial completion" was signed off on late last month. That means the privately funded $82.5-million tunnel is set to bring the first passengers between the mainland terminal and flights after Pan Am begins July 10.

PortsToronto chairman Mark McQueen said in a release that the substantial completion of the tunnel was a "significant milestone" in a process that has taken more than three years.

That late July opening, however, could move again.

The release said the scheduled opening is "dependent" on finishing an elevator, "safety and security systems" and other cosmetic finishes, "such as tiling."

It's not clear what impact the late opening may have on the Games, with incoming athletes, their families and coaches needing to wait for the ferry to reach shore when arriving from any of the 50 American, Canadian and Caribbean countries served by Porter Airlines.

TORSTAR NEWS SERVICE

SOME MEMBERS OF CONCERNED CITIZENS TO END CARDING

TORSTAR NEWS SERVICE FILE

ZANANA AKANDE

- Former school principal
- Former Ontario Minister of Community & Social Services

TORSTAR NEWS SERVICE FILE

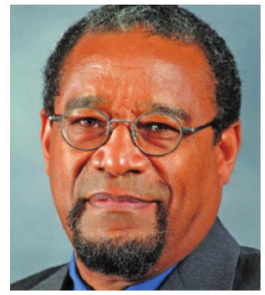
JEAN AUGUSTINE

- Former Minister of State for Multiculturalism
- Former Parliamentary Assistant to the Prime Minister

THE CANADIAN PRESS

ALVIN CURLING

- Former Speaker of the Ontario legislature
- Co-author, Roots of Youth Violence Report for the Ontario Government


CONTRIBUTED

LLOYD MCKELL

- Retired Executive Officer for Equity, Toronto District School Board

THE CANADIAN PRESS

BARBARA HALL

- Former Ontario human rights commissioner
- Former Toronto mayor

Strong community voices speak out against carding

PROTEST

Rally at City Hall will urge police to stop the practice

Gilbert Ngabo
Metro | Toronto

Momentum for the anti-carding campaign is getting stronger.

A group of prominent Torontonians is set to publicly add its voice to the outcry against the long-standing controversial police exercise. Dozens of current and former politicians, business executives and community leaders will urge the police to stop the practice during a rally at City Hall.

"Carding is just wrong, and it's time to stop it," said Gordon Cressy, former president of United Way of Greater Toronto and one of the people organizing the protest.

"We condemn the practice in the strongest possible terms. We're telling the mayor and the new police chief that they got it wrong."

Carding refers to the police practice of randomly stopping people, asking them questions and recording their information in a database. Critics say it overwhelmingly targets young men of colour.

> **Carding is just wrong, and it's time to stop it.**
> Gordon Cressy

Police say the practice helps reduce crime levels in the city, but opponents have maintained that there's no data to support the argument. Stopping and interrogating people — especially black youth — when they're not suspected of any wrongdoing, is offensive and an obstruction of their rights, said Cressy.

"I've never been carded, just because I'm white," he said. "But I have a lot of healthier black friends who've been stopped just because they live in predominantly white neighbourhoods. That's treating people differently."

Cressy will be joined by the likes of former mayor Barbara Hall, former chief justice and attorney general of Ontario Roy McMurtry, former Minister of State for Multiculturalism Jean Augustine, and Ryerson University president Sheldon Levy.

Most people who've been vocal against carding practice are from the black community, but it's a problem that should concern everyone, Cressy said.

The recent article by Desmond Cole in a local magazine was "a tipping point" for most people, he said. Cole, a renowned writer and former city council candidate, detailed in the article how he had been carded dozens of times.

"It showed the practice is downright outrageous," said Cressy.

IN BRIEF

Ford shortens summer break for Oakville plant

Ford's Oakville assembly plant will be operating an extra week this summer in response to soaring demand for the Edge.

The automaker says the factory and five assembly plants in the United States will shut down for one week starting June 29 instead of the usual two-week break. Ford expects to make an additional 40,000 vehicles as a result of the extra week. It's the third year in a row that Ford has shortened breaks. THE ASSOCIATED PRESS

Special collector coins celebrate Pan Am Games

The Royal Canadian Mint has issued a series of collector coins to celebrate this summer's Pan Am Games. The collection includes three coins — two silver and one gold-plated. The gold-plated coin has the same design as the gold medals to be handed out at the Games. THE CANADIAN PRESS

Tyson coming to Fan Expo

Former heavyweight boxing champion Mike Tyson is headed for Toronto's Fan Expo Canada, which runs Sept. 3-6. Other guests include Doctor Who star Jenna Coleman, horror master George A. Romero and Robin Lord Taylor of Gotham fame.

The lineup also has actors Billy Dee Williams, Malcolm McDowell, Jeri Ryan, Tom Kenny and Jeremy Shada, among others. TORSTAR NEWS SERVICE

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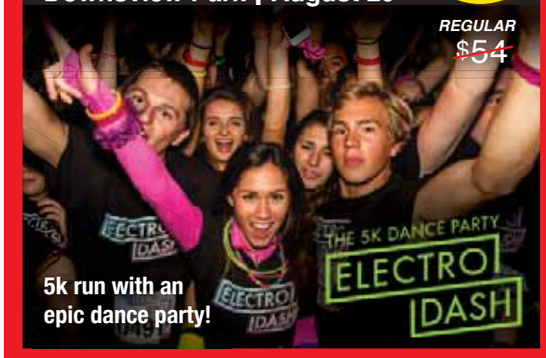

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Lobbyists push hybrid option

CRUNCH TIME FOR GARDINER

Industry group launches 'Don't cut me off' campaign

Jessica Smith Cross
Metro | Toronto

Don't Cut Me Off, a campaign to support keeping the Eastern Gardiner Expressway with the Hybrid option, launched in Toronto Tuesday morning.

It's not a grassroots campaign, it's an initiative led by a coalition of industry groups composed of the Ontario Trucking Association, CAA South Central Ontario, Toronto Industry Network, and the Toronto Financial District Business Improvement Area.

The entire effort is being co-ordinated by the public affairs firm StrategyCorp.

On dontcutmeoff.net there's a form email that Torontonians can use to email their councillor to voice their support for the "hybrid option" and share it on social media.

"Everyone's in a busy world these days, we're just trying to make it easier for people to reach out to their councillors, said Stephen Laskowski, senior vice president of the Ontario Trucking Association and coalition spokesperson.

The Ontario Trucking Association and the other coalition members have been involved in the Eastern Gardiner debates for two to three years, said Laskowski.

"Now, what I think both sides need to do in this argument is educate the public and let the public educate their councillors as to what they think is best for Toronto," Laskowski said.

Laskowski said congestion is a costly issue for business and people, and that's why the trucking association is involved in the campaign.

"I think both sides care about the City of Toronto, I think it's a difference in vision in how you see the world connecting to the City of Toronto," he said.

StrategyCorp's Courtney Glen, who was a spokeswoman for Mayor Tory during the municipal election last fall, co-ordinated communications for the campaign.

> **I think both both sides care about the City of Toronto, I think it's a difference in vision in how you see the world connecting.**
> Stephen Laskowski, Ontario Trucking Association

Residents are being asked to voice their opinions about the Gardiner. TORSTAR NEWS SERVICE

5 LESSONS FROM CITIES THAT DEMOLISHED ROADS

How getting rid of highways can lead to parks, housing — even better health

LUKE SIMCOE METRO

As Toronto politicians debate the fate of the Gardiner Expressway, they don't have to make a decision in a vacuum. Cities around the world, from San Francisco to Seoul, have successfully replaced their urban highways with boulevards, benefiting both drivers and pedestrians while reaping economic and cultural benefits. Here are five examples that could serve as a roadmap for Toronto.

CRUNCH TIME FOR GARDINER

1 Portland

Portland has the honour of being the first U.S. city to intentionally remove a major highway. In 1974, the city closed Harbor Drive for reconstruction, eventually converting the six-lane expressway into an at-grade boulevard and public park. According to the Congress for the New Urbanism (CNU), the demolition spurred development along the city's waterfront and led to a resurgence in downtown housing.

PHOTO: FLICKR/GREG EMEL

2 Madrid

In the early 2000s, Madrid removed two sections of the M-30 freeway that spanned the Manzanares River, replacing them with underground tunnels. The land along the river was redeveloped into a 300-acre park, with running and cycling trails, 17 playgrounds and a beach. Studies have shown residents who make use of the park have better health outcomes.

PHOTO: WIKIMEDIA COMMONS

3 San Francisco

In 1989, San Francisco's Embarcadero Freeway was destroyed by the Loma Prieta earthquake. Politicians debated what to do with the ruined roadway for years, during which time the city saw no significant increase in congestion and a 15 per cent rise in transit use. Rather than opt for a costly repair, the city converted the area into a boulevard in 2002. The six-lane road includes pedestrian amenities and a dedicated streetcar line running down the centre. The CNU estimates that housing in the area has increased by 51 per cent since the boulevard was built, while the number of jobs has climbed 23 per cent. Property values in the surrounding area are, on average, higher than elsewhere in the city. PHOTO: WIKIMEDIA COMMONS

4 Paris

The Pompidou Expressway was built in 1967 and ran 13 kilometres through Paris along the Seine River. In 2002, Mayor Bertrand Delanoe closed the highway for a month during the summer, a practice that would continue until 2010, when plans were unveiled to convert the Pompidou into a pedestrian-centric boulevard. The banks of the Seine now boast a variety of public spaces. PHOTO: GETTY IMAGES

5 Seoul

Freeways were once beacons of modern progress in South Korea, but by the late 20th century they were synonymous with congestion, smog and noise pollution. In 2001, Seoul Mayor Lee Myung-bak pledged to remove an elevated freeway that ran through the city and restore the Cheonggye Creek beneath it. The nine-kilometre park was completed in 2005, and since then, another 15 freeways in Seoul have been demolished, the CNU says.

PHOTO: WIKIMEDIA COMMONS

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MUNICIPAL POLITICS

John Tory's key advisors now lobby his office

Jessica Smith Cross
Metro | Toronto

Some of the key players on Mayor John Tory's election campaign team have been lobbying city hall on key issues since he took office.

Over the last six months, John Duffy has lobbied Tory's office 18 times on behalf of First Gulf corporation about the Gardiner Expressway East. He and others from his lobbying firm, StrategyCorp, have also contacted the mayor, his office, councillors and city staff on behalf of Uber.

Meanwhile, Tory's campaign co-chair has lobbied members of Tory's staff on BAI Canada, which has a contract to implement cellphone technology on TTC platforms.

It's perfectly legal. But it raises ethical questions and can create an image problem, said York University professor Robert MacDermid.

"Most citizens looking at it would see something else there, an attempt to create access and later profit from it," said MacDermid, who studies municipal elections and influence.

The ethical problem begins when lobbyists bring their skills in communications, issues management and election strategy to the campaign as volunteers, said MacDermid.

They aren't paid, so their services don't count toward a candidate's spending limit and their services don't count as in-kind campaign donations.

Meanwhile, "they earn a debt of gratitude from the candidate," said MacDermid.

While the candidate benefits from getting valuable services for free, the lobbyists benefit from getting contracts with clients who know — or at least believe — they have the ear of the politician because of their work on their campaign, he said.

"They're selling access, there's no question about it," said MacDermid.

MacDermid said lobbyists' ability to "volunteer" on campaigns should be limited, either by putting a value on their services that counts as a campaign donation or instituting a "cooling-off period" where they can't lobby the office of the person they helped elect for a year.

Where MacDermid sees an "undemocratic" trading of influence, lobbyist John Capobianco, who was Tory's volunteer campaign co-chair, sees lobbyists exercising their democratic rights.

Capobianco is a senior vice president at Fleishman-Hillard and president of the Public Affairs Association of Canada, which represents public affairs professionals, including lobbyists.

"At the end of the day, getting involved in a political process, especially as a volunteer, is a democratic right for everybody, whether you're a lobbyist or not," he said. "If you're a lobbyist, by virtue of being a lobbyist, you're active in public and politics and government affairs, that's why you picked that profession."

Capobianco has been friends with Tory for years and said he volunteered for the mayor's campaign because of his politics.

"To think that just because you worked on someone's campaign, somehow the public office holder is going to give you preferential treatment is nonsense," he said.

Tory's office didn't respond to Metro's questions on the issue, but spokeswoman Amanda Galbraith released a statement saying the lobbyist registry holds lobbyists to account.

"Anyone seeking to engage with our office, including anyone who volunteered on the John Tory for Mayor campaign, are required to comply with the law," she said.

Professor Robert MacDermid says while not breaking any laws, lobbyists who once helped Mayor John Tory (pictured here) get elected appear in the public perception to be getting special favours. TORSTAR NEWS SERVICE FILE

THE RULES

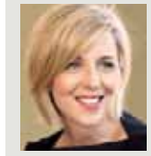
- Toronto rules restrict lobbyists from putting a politician into a conflict of interest, said Lobbyist Registrar Linda Gehrke.
- What constitutes a conflict of interest can range widely and questions are usually handled on a case-by-case basis, she said.
- She advises lobbyists who volunteer on election campaigns that it may "create a perception of conflict of interest or undue influence."
- The one line a lobbyist shouldn't cross is fundraising for a candidate and then lobbying them when they're in office. That's generally a conflict, she said.

AT A GLANCE

John Capobianco
Senior VP, Fleishman-Hillard
Former co-chair of John Tory's mayoral campaign

- Has lobbied on behalf of: BAI Canada (regarding cellphone technology on TTC platforms), CGI Technologies.
- Quote: "There's always a debate, that people who volunteer on campaigns shouldn't lobby, but there are lobbying rules which the lobbyist registrar of Toronto has, which are fairly strict and lobbyists adhere to those, as do I."

Courtney Glen
Senior consultant, StrategyCorp
Former campaign spokeswoman



- Has lobbied council or city staff on behalf of: First Gulf Corporation (regarding the Gardiner Expressway), Uber, Evergreen Brickworks.
- She hasn't lobbied the mayor directly because of her work as a special assistant on the mayor's transition team, StrategyCorp said in a statement.

John Duffy
Founder, StrategyCorp
Former volunteer strategist

- Has lobbied on behalf of: First Gulf Corporation (regarding the Gardiner), Uber, Evergreen Brickworks, the GTAA.
- Quote: "StrategyCorp is committed to a culture of full compliance with all lobbying rules and regulations," the company said in a statement.

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PUBLIC RELATIONS

Lobby firm drops SmartTrack

A Toronto lobbying firm has abandoned a proposed $1-million advocacy campaign to support Mayor John Tory's SmartTrack.

StrategyCorp put a business-development plan together earlier this year for a campaign called Friends & Allies of SmartTrack (FAST). Dropping the effort was a "business decision," StrategyCorp's John Matheson told Metro.

Others are interested in moving the idea, or a similar one, forward, he said.

"They'll be making their own announcement in their own time, but you're not going to see us involved in it," said Matheson.

FAST was expected to be a non-profit, public-relations blitz designed to build public and government support for SmartTrack.

Lobbyist John Duffy, a founder of StrategyCorp who played a key role in bringing the transit plan into Tory's mayoral campaign, had been promoting FAST in Toronto. The goal of the campaign was to raise money from individuals and corporations to "lobby city, provincial and federal officials, advertise, poll and do telephone town halls," according to reports.

Despite possible political gain from the effort, Tory has no connection with FAST, said Amanda Galbraith, the mayor's director of communications.

"That said, we welcome citizen engagement on what is one of, if not the most, important issues for our city — building more and better public transit," she said. "These are big and complex decisions and a robust public discussion benefits us all."

One of the companies that supports SmartTrack is developer First Gulf, which is redeveloping the former Unilever lands at the foot of the Don Valley Parkway, a key site for SmartTrack, said First Gulf Vice-President of Development Derek Goring.

"We're supportive because we think the city needs lots more public transit infrastructure and SmartTrack seems to be a cost-effective way of connecting a lot of different parts of the region," Goring told Metro. "Really good public transit service is key to our development plans, so we're also very supportive of the province's plans for Regional Express Rail and potential new TTC services in the area.

"Beyond participating in discussions with Metrolinx and the city ... we do not currently have any specific plans to help SmartTrack happen."

JESSICA SMITH CROSS/METRO

An Ojibwe street sign covering the Spadina Road sign at the corner of Davenport Road on Tuesday. A group of activists has begun plastering Ojibwe names over Toronto street signs in an effort to remind the city of its indigenous roots. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Our home is native land, say activists

FIRST NATIONS

Project puts focus on city's aboriginal heritage

The intersection of Ishpadinaa and Gete-Onigaming will be unfamiliar to most Torontonians. That's because it's only a day old. And it doesn't officially exist.

On Tuesday afternoon, it stood where Spadina and Davenport roads once met. The new street signs, camouflaged in official blue and white, were put up by a pair of aboriginal scholars and activists who have been pasting Ojibwe words across the city for more than two years in an attempt to bring the city's indigenous heritage to public attention.

The project is run by Hayden King, director of the Centre for Indigenous Governance at Ryerson, and Susan Blight, student life co-ordinator at the University of Toronto's First Nations House.

Inspired by the Idle No More movement in December 2012, they set out to remind the city that it stood on aboriginal land, and that it still has a vibrant aboriginal community, often overlooked in discussions of Toronto's past and modern identity, they thought.

"The message is that indigenous people were here — are here now," said Blight, a member of the Couchiching First Nation.

Tuesday's signs, still posted at press time, were inspired by the release of the Truth and Reconciliation Commission's final report summary, which found that Canada's residential school system amounted to cultural genocide.

Blight and King say that by giving prominence to Ojibwe words, they hope to heal some of the damage caused by educational policies that long discouraged the learning of aboriginal language, sometimes violently.

Still, King and Blight believe the city "erases" its aboriginal history, which goes back thousands of years and contains its share of abuse and betrayal.

Blight said she was fighting the "erasure" of aboriginal language and culture in a city that celebrates its diversity while ignoring the land's original inhabitants.

TORSTAR NEWS SERVICE

NAME CHECK

Defining Davenport

Gete-Onigaming (Ge-de-oh-ni-guh-ming), means "at the old portage." Thousands of years ago, Davenport was the shoreline of Lake Ontario, and what is now Davenport Rd. was a trail connecting the Humber and the Don rivers.

IN BRIEF

Microsoft to establish new data centre in T.O.

Microsoft Corp. says it will establish two new data centres in Toronto and Quebec City that will store sensitive online information from businesses and consumers.

The company says the centres will run its cloud services and be operational by the end of the year. Microsoft Canada president Janet Kennedy declined to say how many jobs would be created or how much the company was spending on the centres.

THE CANADIAN PRESS

TRAFFIC LAWS

Distracted driving, 'dooring' fines go up

Ontario has passed new legislation to increase penalties for drivers who text or use a handheld phone, impose a one-metre distance rule between vehicles and bicycles, and hike fines for "dooring" a cyclist.

Fines for distracted drivers will increase from the old range of $60 to $500 to between $300 to $1,000 plus three demerit points.

Using handheld electronic devices while driving has been outlawed in Ontario since 2009, except for 911 emergency calls.

Police say distracted driving is becoming the No. 1 killer on the roads, accounting for more deaths than impaired driving or speed-related collisions.

Fines for opening a door into the path of a bicyclist will also increase to the same amounts as distracted driving, and motorists must leave a one-metre distance — where practicable — when passing bicyclists.

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Toronto Humane Society Chihuahuas share a play date in an open area of the Queen Street East facility. They'll all be available for adoption Friday through Sunday at the Toronto Mega Pet Adoption Event. LIZ BEDDALL/METRO

TORONTO HUMANE SOCIETY

Furry friends in need of homes

Liz Beddall
Metro | Toronto

If you've been contemplating the adoption of a furry friend, this weekend may be just be barking out your name. The Toronto Mega Pet Adoption event will see over 700 adoptable cats and dogs from five participating organizations make their way to the Queen Elizabeth Building at Exhibition place, in hopes of finding a home to rest their paws.

"Last time we had 585 animals placed, of the 600 available," says Barbara Steinhoff, executive director of the Toronto Humane Society, adding that the three-day event's draw is the significantly lower adoption price of $25 per animal.

Adoption counsellors will be on site to interview the potential pet parents, and ensure that the particular canine or feline are the right match for their home and lifestyle. Additionally, all adoptable pets will be spayed, neutered and fully vaccinated.

LGBT athletes honoured in art

SPORT

Mural paintings part of Pan Am Path project

Gilbert Ngabo
Metro | Toronto

New public artwork in the city's west end is set to challenge views on athleticism and traditional family structures.

Album, the mosaic of mural paintings on pillars of the Dundas Street West Bridge near Lambton House, is part of the Pan Am Path project. It was conceived and created to recognize the contributions of LGBT individuals in sports while challenging traditional representations of athleticism.

Artists Anna Camilleri and Tristan R. Whiston led local community workshops to create the artworks, which aim to promote inclusion and equality.

"It's an exploration of what LGBT athletes are experiencing," said Camilleri. "With this artwork we wanted to expand on the way we think about family, making room for many different expressions of family structures."

The paintings depict images showing various groups of people, as a representation of families. Whatever the composition of one's family, they should all be accepted and given their space in society, she said.

The project is also one in a series of human rights themed murals created by artists and community-based groups throughout the Greater Toronto Area. They are part of a collaboration with Amnesty International's Urban Canvas, a project which celebrates the rights of men and women to marry and have a family of their choice.

It comes at the hills of a recent international report, Out in the Fields, which explored the problem of homophobia in sports. The report found that only one per cent of respondents believe LGBT people are "completely accepted" in sporting culture.

Camilleri said she hopes the mural will give people new perspectives.

"If they look at it and get a thought they never had before, then the artwork has done its job," she said.

> **"Everyone has a right to define and create a family the way they want.**
> Anna Camilleri

Paintings under the bridge will show different family compositions. CONTRIBUTED

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How to move house by bike

Hints and tips for a two-wheeled transition, if you're brave enough to try it

TORSTAR NEWS SERVICE

1 START EARLY, GO HEAVY

The first leg of a long, hard ride is exciting; the home stretch is a relief. It's the part in between that can feel the most grueling. Get the heaviest items out of the way first.

2 PILE IT HIGH

A bike trailer has no upholstery to tear as you cram more stuff inside, no seats to contend with, and, most importantly, no ceiling. Lay that glass table you've expertly wrapped in newspapers on the bottom of the trailer, then stack stuff on top. As you pedal, think about what you'll do if the table shatters when you roll over a pothole.

Towing a rented bike trailer to move to a new apartment will save you money, but be prepared. RANDY RISLING/TORSTAR NEWS SERVICE

3 YES, YOU CAN MOVE THAT

A chest of drawers? No problem. A laundry bag the size and shape of a dead walrus? Easy. A compost bin filled with decaying vegetables and black slop? Sure thing, weirdo.

4 EMBRACE NEW SENSATIONS

You'll notice some added thrust from the trailer when descending hills. This can be nerve wracking, so think of it as gravity giving you an insistent push to your new home.

5 PICK THE RIGHT RIDE

This isn't the job for your carbon fiber road bike. The trailer connects via a large clamp to the bike's rear chainstay, and you can expect your ride to take a bit of a beating. The right gears are also key. You know that one gear that's so easy you'd swear you could pedal up a wall? You're probably going to need it, not to mention some sturdy tires Today is not the day to get a flat.

6 STAY FUELED

It's a good idea to have some food at your old apartment and your new place. You can stay satiated as you make the first "last" trip. Oh man, muffins.

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Spirit Tree Estate Cidery owner Thomas Wilson says a boost to the cider industry would also be a boon for the province's 'struggling apple industry.' AARON HARRIS/TORSTAR NEWS SERVICE FILE

Cider wants in on market

ALCOHOL

Producers press their case with the province

Ontario's craft cider makers say the province will miss a huge opportunity to boost local agriculture if it doesn't allow sales of cider at supermarkets along with beer and wine.

"We're just like craft beer when it got started," Thomas Wilson of the Ontario Craft Cider Association told a news conference Tuesday as cider makers flooded Queen's Park to press their case with MPPs.

"We're a gluten-free alternative to craft beer."

The association, which represents 22 cideries employing more than 200 workers, recently met with former TD Bank chief executive Ed Clark, who is heading a panel that will recommend a system for selling wine in supermarkets.

A system for selling beer in grocery stores was announced in April, with the first brews expected to hit shelves by Christmas, but cider appears to have been passed over, Wilson said.

"We want to make sure we're not forgotten," explained Wilson, who owns Spirit Tree Estate Cidery in Caledon.

A boost in consumer demand for cider would be a shot in the arm to Ontario's "struggling apple industry," which is experiencing a flat market for juice apples, he said.

More cider sales would allow farmers to sign production contracts with cider makers in an industry that has surged from just one cidery in 2008, he said.

"It's exponential here, the opportunity that's being missed."

Clark's recommendations on wine are expected by the end of the summer.

TORSTAR NEWS SERVICE

IN BRIEF

Hotel has hives in mind

One of Canada's largest hotel companies is buzzing with efforts to provide more homes for bees.

Fairmont Hotels & Resorts says it will erect 16 additional so-called bee hotels in several cities across Canada to help give the population of busy pollinators a space to nest.

Six of the specially built structures will be at Fairmont properties in Quebec City, Ottawa, Winnipeg, Edmonton, Vancouver and Whistler, B.C.

The other 10 will be placed in public spaces in Vancouver, Calgary, Toronto and Halifax.

THE CANADIAN PRESS

PARKS AND RECREATION

Group plans orgy in Trinity Bellwoods

Trinity Bellwoods Park is no stranger to bacchanalia, but an orgy planned for the summer solstice may test its limits.

So far, almost 1,000 people have RSVP'd on Facebook to the June 21 event, which is organized by the mysterious but bureaucratic-sounding Trinity Bellwoods Orgy Committee.

Torstar News Service reached out to the committee on Facebook, and although they refused to identify themselves, a person did respond from the committee's account.

"The contemporary reality of city life is that we have never been so alone despite being surrounded by so many people," wrote a person claiming to represent the committee.

"An orgy requires that people engage each other, even as strangers, to work properly. It reacquaints us with not only intimacy itself, but the rules of engagement of intimacy."

Const. Victor Kwong, a spokesman for Toronto police, said police are aware of the planned orgy and will be monitoring it as the date grows closer. Having sex in a public park is very much illegal — people who do it could be charged with committing an indecent act, Kwong said.

Regardless of whether they get caught, Kwong said it's definitely "not considered an approved activity under the parks' bylaw."

The city's bylaw-enforcement team is working with police to monitor the event and other similar events, said city spokeswoman Tammy Robbinson.

Kara DesBarres, who works at the downtown sex club Oasis Aqualounge, said she and her staff have heard of the orgy but said people in Toronto's kink community are mystified as to who the organizers are or if the event is legitimate.

"We are confused as well," she said. TORSTAR NEWS SERVICE

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‘Urgent’ need for reconciliation

Government pursued policy of ‘cultural genocide’

The residential schools that removed aboriginal children from their homes, subjecting many of them to substandard education, malnutrition, abuse, illness and even death was a key part of a government-led policy that amounted to cultural genocide, the Truth and Reconciliation Commission concludes.

“These measures were part of a coherent policy to eliminate Aboriginal people as distinct peoples and to assimilate them into the Canadian mainstream against their will,” says the 381-page summary of its final report released Tuesday in Ottawa.

“The Canadian government pursued this policy of cultural genocide because it wished to divest itself of its legal and financial obligations to Aboriginal people and gain control over their land and resources,” says the report.

The heart-wrenching and damning report is the culmination of a six-year examination of the history and legacy of residential schools — largely operated by churches and funded by the Canadian government — that saw 150,000 First Nations, Métis and Inuit children come through their doors for more than a century.

The exercise has been “a difficult, inspiring and very painful journey for all of us,” said Justice Murray Sinclair, Canada’s first aboriginal justice and the commission’s chairman.

“The residential school experience is clearly one of the darkest most troubling chapters in our collective history,” Sinclair said.

Through the testimony of residential school survivors, former staff, church and government officials and archival documents, the Truth and Reconciliation Commission pieced together a horrifying history that has been repeatedly dismissed or ignored.

It also describes how the legacy of residential schools continues, not only through the direct effect that generations of institutionalization and abuse has had on survivors, but how it is manifested in racism, systemic discrimination and poverty, as well as dying indigenous languages. TORSTAR NEWS SERVICE

Commission chairman Justice Murray Sinclair, centre, and fellow commissioners Marie Wilson, right, and Wilton Littlechild discuss the commission’s Tuesday report on Canada’s residential school system. THE CANDIAN PRESS

“I saw violence for the first time. I would see kids getting hit. Sometimes in the classrooms, a yardstick was being used to hit ... We never knew such fear before.
Rachel Chakasim, who was schooled in Fort Albany, Ont.

“They just gave me a number ... And it was No. 16 and I’ll never forget that number.
Lorna Morgan

QUOTES SOURCE: THE CANADIAN PRESS

150K
The number of children estimated to have gone through the residential school system.

80,000
Estimated number of living survivors.

3,200
The number of cases in the National Residential School Student Death Register, although the number of deaths is believed to be in excess of 6,000.

1996
The year the last school closed.

NUMBERS SOURCE: THE CANADIAN PRESS

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6 HIGHLIGHTS OF THE COMMISSION'S REPORT

The Truth and Reconciliation Commission put forward 94 recommendations to address the continuing legacy of the residential school system, improve the plight of Aboriginal Peoples and restore relations between them and other Canadians. Here are a few highlights.

TORSTAR NEWS SERVICE

Boys in a classroom at St. Anne's Indian Residential School in Fort Albany, Ont. CONTRIBUTED/ALGOMA UNIVERSITY

1 CHILD WELFARE

Governments should work to reduce the number of aboriginal children in care and set national standards for those that are in care. They should also fully implement Jordan's Principle to help resolve jurisdictional disputes. This would mean that for services that are only available off-reserve, any government department first contacted would pay for it first and seek reimbursement from the responsible department later.

2 EDUCATION

Repeal Section 43 of the Criminal Code, which allows corporal punishment, even by schoolteachers, implement new federal legislation on aboriginal education and eliminate discrepancy in federal funding for First Nations children going to school on reserves and those educated outside their communities.

3 LANGUAGE & CULTURE

The federal government should acknowledge that aboriginal rights include language rights. Post-secondary institutions should develop programs in aboriginal languages and survivors who had their names changed should have fees waived if they wish to change their government-issued identification back to their birth names.

4 JUSTICE

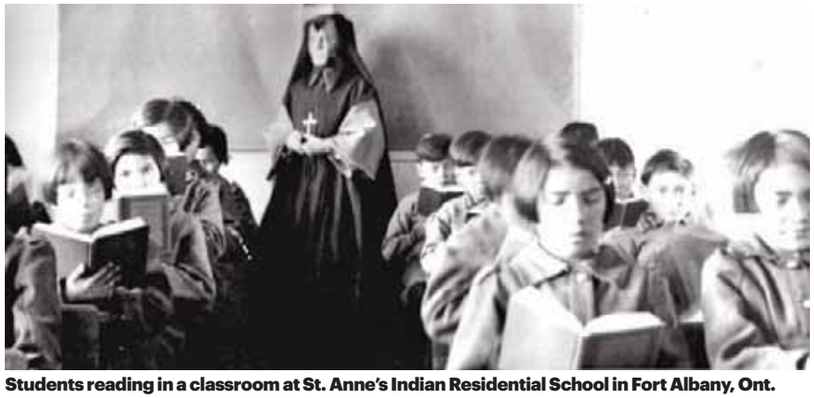
The federal government should work with aboriginal organizations to call a public inquiry into missing and murdered indigenous women and girls, review and amend statues of limitation for historical abuse against aboriginal people.

The government should also work to eliminate the overrepresentation of aboriginal people in custody, allow trial judges to deviate from mandatory minimum sentences, and work to settle claims from those residential school survivors who were excluded from the settlement agreement, such as the Métis, those who attended day schools and those who went to residential schools in Newfoundland and Labrador.

Swampy Cree boys kneel before bedtime at Bishop Horden Memorial School on Moose Factory Island, Ont in 1950. SHINGWAUK RESIDENTIAL SCHOOLS CENTRE

5 HEALTH

Establish measurable goals to close the gap in health outcomes between Aboriginal peoples and other Canadians and report on their progress, provide sustainable funding for aboriginal healing centres and recognition of aboriginal healing practices within the health-care system.



Students reading in a classroom at St. Anne's Indian Residential School in Fort Albany, Ont. CONTRIBUTED/ALGOMA UNIVERSITY

6 SOME PATHS TO RECONCILIATION

- Fully adopt and implement the United Nations Declaration on the Rights of Indigenous Peoples, something which the report also recommends be done by churches and all other faith and interfaith social justice groups;
- Develop a Royal Proclamation of Reconciliation that would reaffirm the nation-to-nation relationship between Aboriginal peoples and the Crown;
- Get an apology from the Pope, by June 2016, for the role the Roman Catholic Church played in the abuse of Aboriginal children in Catholic-run schools;
- Create a mandatory, age-appropriate curriculum on residential schools, treaties and the contributions of Aboriginal people taught across Canada from kindergarten to Grade 12;
- Build a highly visible Residential Schools Monument in the capital city of each province and territory;
- Develop and implement strategies to identify, document, maintain and commemorate cemeteries at former residential schools, or other sites where their students are buried;
- Increase funding for the CBC/Radio-Canada so that it can better support reconciliation and include the languages and perspectives of Aboriginal peoples;
- Change the Oath of Citizenship to include language surrounding "Treaties with Indigenous Peoples."

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Parizeau moved Quebec nationalists to the right

OBITUARY

Premier's post-referendum remarks alienated many

The late former Quebec premier Jacques Parizeau's comments about "money and the ethnic vote" the night the Yes side lost the 1995 referendum never stopped haunting him and the Parti Québécois.

"It's true that we were beaten, but fundamentally by what?" Parizeau asked the large and boisterous crowd the night of Oct. 30, 1995. "By money and the ethnic vote, essentially," he said, throwing his hands up and shaking his head.

The sovereigntist movement changed that night — at least symbolically — said Francine Pelletier, a columnist with Montreal Le Devoir and independent filmmaker behind a 2003 documentary on Parizeau called "Public Enemy Number One."

Parizeau's words "spurred the old sleeping dogs on the right," she said, and were a harbinger of how the PQ and the independence movement would shift course from their progressive roots and towards promoting a project centred on identity and nationalism.

Pelletier said that culminated with the PQ's proposed secularism charter in 2013, which banned public-sector workers from wearing certain religious clothing. The proposed law was labelled racist and intolerant, dividing the province and helping the PQ lose power after less than two years in office.

Parizeau's words in 1995 also ensured he would be vilified in many circles in the rest of Canada as much as he would be revered in Quebec.

Former Quebec premier Jacques Parizeau died on Monday night. He was 84. THE CANADIAN PRESS

He refused to comment on his infamous speech when Pelletier interviewed him in 2003, but Parizeau finally weighed in during a radio interview in 2013 where he explained the remark was referring to community organizations.

"The common front of the Italian, Greek and Jewish congresses was politically active in an extraordinary way in the No camp and had formidable success," Parizeau told Montreal radio station 98.5 FM.

> **It's true that we were beaten, but fundamentally by what? By money and the ethnic vote, essentially.**
>
> Jacques Parizeau, Oct. 30, 1995, on referendum

Social media networks were filled with comments Tuesday praising the former PQ leader, but also with messages of scorn for the "racist" man who came unnervingly close to breaking up the country.

Pelletier said Parizeau's 1995 remarks did not reflect the man he was or his strong social democratic roots.

"It was a tragedy for the movement, but it was especially a tragedy for him because it pinned him for something he was not," she said.

Pelletier said Parizeau should be remembered as someone who stayed loyal to his cause and his convictions, while his former party has employed a strategy that was "all over the map."

Michael Behiels, a political science professor at the University of Ottawa, said the traditional nationalists in the PQ ranks used Parizeau's comments to help justify turning the party more to the right.

But Behiels said Parizeau's words likely came from a place of frustration and anger at losing a referendum — and a life's work — by such a close margin of several thousand votes.

"I think he thought that night there would never be another opportunity in his lifetime (to separate) and events have proven him right," he said.

THE CANADIAN PRESS

BRITISH COLUMBIA

Bomb plot pair guilty

A British Columbia couple has been found guilty, by a jury, of plotting to set off handmade pressure-cooker bombs at the provincial legislature two years ago.

The jury panel convicted John Nuttall and Amanda Korody of conspiracy to commit murder and possession of an explosive substance on behalf of a terrorist group.

In an unusual twist, the conviction won't be entered until next week, after the defence has a chance to argue that police entrapped the couple into the plot during an elaborate sting operation.

Video and audio surveillance showed the pair, who were recent converts to Islam, discussing their ambitions to engage in holy war against the western world for perceived injustices against Muslims. THE CANADIAN PRESS

IN BRIEF

Parliament shooter video will not be released

A video showing Michael Zehaf Bibeau's first moments inside the Centre Block is being kept secret even as reports are to be made public Wednesday detailing the security response on the day of Parliament Hill shooting.

Cameras near the front door of the Centre Block captured Zehaf Bibeau wrestling with a House of Commons security guard and shooting at other guards before sprinting down the Hall of Honour, according to two sources with knowledge of the video.

Zehaf Bibeau was killed in a shootout with security forces at the end of the hall.

THE CANADIAN PRESS

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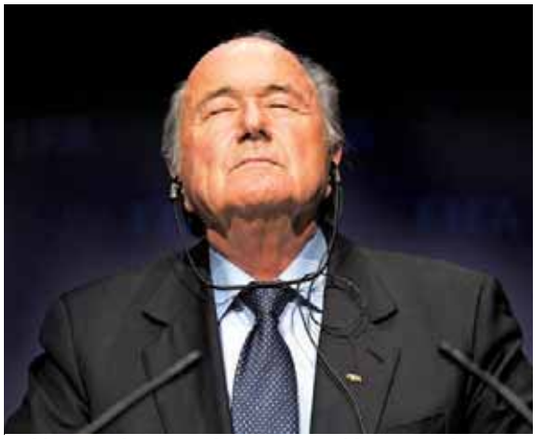

In this November 2010 photo, FIFA President Sepp Blatter pauses during a press conference following a meeting of the executive committee in Zurich, Switzerland.

STEFFEN SCHMIDT/KEYSTONE VIA THE ASSOCIATED PRESS FILE

FIFA head's rule tainted by scandal

SOCCER

Sepp Blatter could be a target of U.S. investigators

The end for Sepp Blatter came suddenly, just days after he had seemingly solidified his hold on FIFA.

The 79-year-old leader of the world's most popular sport defied global animosity last week to win four more years in office. But his re-election only increased the pressure from colleagues, sponsors, athletes and fans for Blatter to step down as FIFA's president.

At a hastily arranged news conference Tuesday, Blatter announced he would leave office within months and called for a fresh election to appoint a successor.

"I cherish FIFA more than anything and I want to do only what is best for FIFA and for football," said Blatter, who could still be a target of U.S. investigators delving into decades of corruption and bribery accusations against FIFA officials.

After generations under Blatter and his mentor, Joao Havelange, the announcement left FIFA without a leader and without a clear course forward. It sets off a global power struggle for control of the organization as a criminal investigation intensifies.

A strained and serious Blatter read a six-minute statement in French before exiting without taking questions.

Blatter had been defiant and feisty in the same room on Saturday, fending off questions about FIFA's battered reputation and the chance he could be arrested.

His mood had changed in the 24 hours before his announcement, Blatter aide Walter Gagg told The Associated Press.

A federal indictment last week detailed apparent bribes from a FIFA account totalling $10 million to senior officials for voting South Africa as the 2010 World Cup host. Late Monday, reports laid a clearer trail of complicity to the door of FIFA headquarters, if not Blatter himself.

"We know that in the last 48 hours he was thinking of the future and perhaps what happened in the last hours, this gave him the conviction," Gagg, a long-time confidant of Blatter, told The Associated Press in a telephone interview.

"We had lunch with him yesterday (Monday). He was relaxed; he was fine," Gagg said. "I had a very good meeting with him early in the morning (today). Then came the different information from the U.S. with this and that."

The South African angle threatens to tarnish memories of a bid campaign that brought Nelson Mandela to Zurich for the winning vote in 2004.

At risk also is the legacy of a World Cup that was an organizational triumph for FIFA and South Africa and bolstered Blatter's reputation as a friend of Africa whose loyalty stood firm in Friday's election.

THE ASSOCIATED PRESS

UNITED STATES

Congress to change surveillance laws

Congress approved sweeping changes Tuesday to surveillance laws enacted after the Sept. 11 attacks, eliminating the National Security Agency's disputed bulk phone-records collection program and replacing it with a more restrictive measure to keep the records in phone companies' hands.

Two days after Congress let the phone-records and several other anti-terror programs expire, the Senate's 67-32 vote sent the legislation to President Barack Obama, who said he would sign it promptly.

"It protects civil liberties and our national security," Obama said on Twitter. The bill signing could happen late Tuesday or early Wednesday, but officials said it could take at least several days to restart the collection.

The legislation will revive most of the programs the Senate had allowed to lapse in a dizzying collision of presidential politics and national security policy. But the authorization will undergo major changes, the legacy of agency contractor Edward Snowden's explosive revelations two years ago about domestic spying by the government.

In an unusual shifting of alliances, the legislation passed with the support of Obama and House Speaker John Boehner, R-Ohio, but over the strong opposition of Senate Majority Leader Mitch McConnell.

McConnell failed to persuade the Senate to extend the current law unchanged and came up short in a last-ditch effort Tuesday to amend the House version, as nearly a dozen of his own Republicans abandoned him in a series of votes. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Wednesday, June 3, 2015

THE BIG THING: DRIVERLESS CARS — REVOLUTION OR RISKY MOVE?

1 Bump on the road Security firm MSi says hackers could wirelessly disrupt a self-driving car's sensors, causing it to accelerate instead of brake, for example. Today's systems aren't designed to respond.

2 Ready to ride Last month Google announced testing of its self-driving cars on California roads. Mercedes-Benz and Apple are working on similar prototypes. You might be able to own one as early as 2020.

The driverless car may be only a few years away from a highway near you. But now two U.S. companies working with the University of Virginia and the Pentagon have shown that it may be easier than once thought to hack the vehicles' auto-piloting computer systems — a vulnerability with potentially deadly consequences.

AGENCE FRANCE-PRESSE

3 Preparing for the worst Manufacturers have tried to mitigate the risk of cyberattacks. Google, rumour has it, has an elite team of hackers looking for ways to mess with its cars' system.

Even without meat, the food future looks tasty

THE SCIENCE
Stephanie Orford

The costs of a meat-heavy diet are becoming apparent.

Beef prices are climbing. The average price of regular ground beef rose 41 per cent between April 2012 and April 2015, according to Statistics Canada. And Canadian meat prices are set to remain high for years to come, a Guelph, Ont.-based food industry analyst said Monday.

The problem is going to affect us all. The world population is projected to reach nine billion by 2050, and demand for meat is set to increase worldwide, especially in Asia. Animal products make up 20 per cent of the human diet on average worldwide.

But meat consumption is going to have to drop to five per cent of our diets if we're going to feed everyone — not rise, as the trends suggest will happen.

To lead the world by living within our environmental means, Canadians need to say goodbye to meat and hello to vegetable-based protein sources.

Beef is the biggest agricultural contributor to greenhouse gas emissions and environmental degradation. Raising beef generates six times more greenhouse gas per unit of protein than pork, chicken, or eggs.

Meat alternatives in stores and restaurants are becoming more popular, healthier and tastier, and they're much better for the environment.

Cultured meat, for instance, is estimated to produce 96 per cent less greenhouse gas and at least 82 per cent less water than livestock. And no more grazing means land can be freed up for growing more sustainable crops.

The first lab-grown burger, cultured from cow muscle cells, was produced in 2013 by a lab from Maastricht University in the Netherlands, funded by Google's co-founder Sergey Brin. In March a Tel Aviv University lab unveiled its project to grow chicken muscle tissue using a similar technique.

Lab meat isn't cheap — that first burger cost about $300,000 US — but the price has already dropped to about $12. It looks like it won't be available at your local burger joint for at least 20 years, however.

Meanwhile, other companies are finding ways of creating meat and egg alternatives that taste good and are relatively inexpensive to produce. And those are on the market now.

Californian food-tech company Hampton Creek created a replacement for egg using proteins from yellow peas and a variety of sorghum, which they use in their cookies and mayo. They're making sustainable alternatives to animal products at competitive prices.

Unlike the sawdust-like veggie burgers of decades past, these products are designed to be delicious. This is the future of our meatless diets, and it actually looks pretty tasty.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

Reconciliation calls on all of us to help heal our country

What can I do?

That's the question for all of us, now that the Truth and Reconciliation Commission has released its final, exhaustive and damning report.

It finds the government and churches committed cultural genocide through the residential school system, and the legacy has been devastating.

"We fed our experiences to our children," as one survivor described the ripple effect of the horrors.

Poverty, higher rates of incarceration, children in state care and violence against aboriginal women: The commission's report calls for specific efforts to end all of these.

It also calls on each of us to learn the truth about residential schools and accept our role in healing our country. It's clear we have work to do.

In 2013, 60 per cent of Canadians felt aboriginal people bring their problems on themselves, according to an Ipsos Reid survey.

It's time to ask: Whose history have we been fed? Whose prejudices do we still carry? What can we do to end institutionalized racism?

The indigenous and non-indigenous communities "have to support one another," Andrea Chrisjohn, of the Toronto Council Fire Native Cultural Centre, told me. "How do we come up with solutions instead of just saying 'It's not my problem'?

As commissioner Marie Wilson said, we can take the stories of abuse and loss into our hearts. We can use them as a new window through which to see our own history.

We can also educate ourselves. We can learn what treaty land or traditional territory we live on, suggested Michael Redhead Champagne, a Winnipeg activist and founder of Aboriginal Youth Opportunities.

"Do you know the history?" he asked, of place names like Dakota and Toronto, which have indigenous origins?

We can amplify the voices of local activists, he added, and write letters supporting them to elected officials or the media.

We can also call our local Aboriginal Friendship Centre — they are in many Canadian cities — and ask how we can help out, Chrisjohn said.

And I'll add: We can make aboriginal issues a part of our vote this fall.

The next government will play a key role in determining the success of this commission's work.

The report can gather dust on a shelf, or it can galvanize broad societal change. The first would perpetuate cultural superiority. The second would lead us closer to equality.

Vote for the one you think is right.

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Mike Tyson will take on the Great White North at this year's Fan Expo Canada

Not everyone can look like Chris Hemsworth. A recent U.K. poll shows many men feel uncomfortable when the shirts come off. EVERETT COLLECTION/HANDOUT

Beach bod anxiety not just a girl thing

BODY IMAGE

Poll finds one third of men feel a pressure to look good

The furor over a recent ad campaign by weight loss supplement Protein World that asks: "Are you beach body ready?" highlighted just how polemic a topic body image is for women. But it turns out men can also feel self-conscious about stripping down to their bathing suits.

According to a poll by the market research app OnePulse, only eight per cent of men feel "very happy" with their bodies, while 11 per cent are unhappy with their physique and a further 11 percent claim they "hate" the way they look.

And while 22 per cent say they don't feel any pressure to have the perfect figure, almost one third of respondents (29 per cent) feel the pressure to look good thanks to women. It seems male pride has much less influence when it comes to looks, with only 16 per cent claiming to feel the heat from other men.

The news flies in the face of the recent "Dad Bod" phenomenon, which saw "everyday men" gain sex appeal in the eyes of the media and womankind for their "non-threatening" and "cuddly" physiques.

Yet despite feelings of dissatisfaction, some 20 per cent of men claim to lack the motivation to "work on their body." With summer around the corner, 33 per cent are willing to dig out their gym gear ahead of beach season, while 22 per cent have the impetus to take care of their physiques all year round.

The poll surveyed 400 males and 500 females aged between 16 and 65 from all around the U.K. AFP

STILL, WOMEN HAVE IT HARDER

The survey results were even more dramatic for the women polled, with just three per cent of female respondents describing themselves as "happy" with their bodies, and a huge 39 per cent admitting they would feel "unconfident" wearing a bikini.

FOOD & HEALTH

Canadians get bad diet advice: Author

The American author of an investigative book about saturated fats told a Canadian Senate committee Thursday the country's nutritional guidelines are failing citizens, making them obese and diabetic.

"The diet currently advised for Canadians is a low-fat, failed diet," said Nina Teicholz.

Teicholz, author of The Big Fat Surprise, a book which eviscerates the current and widely held view that saturated fats found in animal protein are harmful to health, testified during a session of the Senate committee on social affairs, science and technology about the incidence of obesity in Canada, its "causes, consequences and the way forward."

During the hour-long session Teicholz shone a light on how Canada's diet — dictated by the current Food Guide — is "nutritionally insufficient" and that its focus on carbohydrates, including fruits and vegetables, over animal protein is what is making us sick.

She attacked the current view that Canadians are in the throes of an obesity epidemic because they aren't following the current nutritional standards and are eating too much junk food. That explanation "isn't supported by the data," she said.

National sugar consumption, according to Statistics Canada, is down 32 per cent, Teicholz told the Senate, recommending this country lift its limits on saturated fat — and animal foods — something, she said, would "go a long way to solving the problem."

In a recent emailed statement to the Toronto Star, spokesperson Sean Upton said Health Canada is in the midst of reviewing its current "guidance for consumption (quantity and frequency)" and that guidance could be updated in the future.

Teicholz was invited by the committee to testify as a Senate witness a few months ago — her debut book was published last May — and she was chosen because of her "well-articulated point of view that contradicts social assumptions around diet," says Nova Scotia Senator Kelvin Ogilvie. TORSTAR NEWS SERVICE

KASA MOTO

Thinking outside the bento box

WORD OF MOUTH

Theresa Albert
myfriendinfood.com

If your favourite Japanese restaurant has bento boxes, that's delightful for a Wednesday lunch. However, contemporary Japanese cuisine has raised the bar. Kasa Moto opened its doors in Toronto's Yorkville this week and executive chef Michael Parubocki hopes some of his staff's exquisite attention to tradition while welcoming innovation will set the pace. Here's what's next:

• House-made soy sauce. The choices are no longer "salty" or "watered down salty." This artisan liquid takes up to six months of fermenting for each batch.

• Burdock root. This root vegetable hailing from Jerusalem is crisp and pungent. It is usually blanched and then pickled or otherwise dressed for use in salads or as a side dish.

• Salt-pickled sakura cherry blossoms. Don't look for this on every modern menu. Kasa Moto may be unique in its importing of this highly perishable, delicate flower petal that's pickled in plum vinegar and then dried. A truly unique taste worth the search.

The traditional tastes and techniques remain. Attention to detail, the natural beauty of each food, dining as a social experience and polite efficient service will never go out of style.

Hamachi Ponzu in a new way to serve sashimi — delicate and textural. THERESA ALBERT

THERESA IS AN ON-CAMERA FOOD AND HEALTH EXPERT, NUTRITIONIST AND WRITER WHO LOVES TO SPREAD THE WORD ON FOOD

EMBRACING WINE'S BLACK SHEEP

LIQUID ASSETS

Peter Rockwell
@therealwineguy

There are grapes that people just love to hate.

As polarizing as some fruit can be, an interesting trend has emerged that has more open-minded wine lovers embracing these black sheep berries as if they're a badge of non-conformist cool.

South Africa's Pinotage grape (a cross between Pinot Noir and Cinsaut) is a classic example. Famous for its smoky, deli meat aromas and earthy flavours, South African winemakers have found a way to make their juice more appealing thanks to some snazzy oak-aging techniques that soften the negatives with elements of coffee and mocha.

California's signature grape, Zinfandel, has struggled to find an audience outside The Golden State thanks, in large part, to its pink version's reputation as a drop you drink when you know nothing about wine. Zinfandels love a barbecue, with Cline Cellars' 2013 Lodi Zinfandel ($16.15 - $17.99) serving up soft, bright, wild berry fruit and a smooth, creamy finish that works just fine as a by-the-glass sipper and a partner for grilled red meat and poultry.

Prices reflect the range across the country. Some products may not be available in all provinces.

6 SUPERFOODS THREATENING OUR PLANET

When it comes to eating right, there's more to chew over than how our bodies can benefit

MATT KWONG/FOR METRO LIFE@METRONEWS.CA

Superfoods might be the heroes of the healthy-minded cook, but a growing chorus of environmental advocates is sounding off about their potentially destructive ecological consequences.

The latest wonder ingredient turned villain? The almighty almond, which has drawn the ire of water conservationists for draining California's lands amid an ongoing drought.

Long championed for its antioxidant properties, cholesterol-lowering powers and high protein and vitamin E content, the humble almond is a deceptively high-maintenance crop, demanding about 3.8 litres of water (a gallon) per nut.

California almonds consume 4.06 trillion litres of water every year, making the state's almond industry more water-intensive than the indoor water usage of families in the Golden State.

Even so, almonds are far from the only nutrient-loaded snack with a dubious ecological footprint.

BLUEBERRIES

Claimed health benefits: Antioxidant-packed with vitamins K and C, potassium, and an excellent source of fibre, which helps lower risk of heart disease
Environmental impact: U.S. blueberries are listed among Environmental Working Group's produce items with high pesticide residue. Chemical spraying contaminates soil and can degrade soil quality
Where it grows: North America and South America. The U.S. is the world's largest producer
Popularity: The U.S. exported $145.7 million in fresh blueberries in 2012, up 17 per cent from 2011, according to the Agricultural Marketing Resource Center. Canada was the biggest customer

ALL PHOTOS ISTOCK

RED PALM OIL

Claimed health benefits: Rich in vitamin E, antioxidant properties, carotenes and palmolein, which has been promoted as a fat-burning micronutrient
Environmental impact: Mass deforestation of tropical forests in West Africa and Central America to make way for oil palm plantations has led to loss of habitats for endangered species
Where it's produced: Africa, South America and South Asia
Popularity: About 57 million tonnes of palm oil was consumed worldwide in 2013, according to the Roundtable on Sustainable Palm Oil

TOFU/SOY-BASED

Claimed health benefits: Good source of protein, lowers cholesterol
Environmental impact: High energy output from factories for treating, processing and forming soybeans into slabs of tofu
Where it's grown: Soybeans grown in China, U.S.
Popularity: Global soy production in 2012 was 270 million tonnes, up from 130 million tonnes in 1996

THE DIRTY DOZEN

Environmental Working Group's 2015 rankings of popular produce with the highest pesticide residue.

1 Apples
2 Peaches
3 Nectarines
4 Strawberries
5 Grapes
6 Celery
7 Spinach
8 Sweet bell peppers
9 Cucumbers
10 Cherry tomatoes
11 Snap peas, imported
12 Potatoes

SOURCE: EWG.ORG

GREEK YOGURT

Claimed health benefits: Low in fat, high in calcium and vitamin B12, packed with probiotics to aid digestion
Environmental impact: Greek yogurt owes its thick consistency to straining, but the process leaves an "acid whey" byproduct that is difficult to dispose of. Acid whey can pollute waterways and risks harming marine life
Where it's produced: Originally Central Asia and the Middle East, now mostly U.S.
Popularity: Commanded 49 per cent of the U.S. yogurt market in 2014, up from one per cent in 2007

COCONUT WATER

Claimed health benefits: Rich in potassium, boosts hydration, low in calories
Environmental impact: Transportation and burning of fossil fuels is the major contributor to coconut water's eco-footprint, as the liquid from young coconuts must be shipped from southeast Asia. Chemical fertilizers to meet growing demand also degrades soil
Where it's found: Primarily the Philippines, Indonesia, India
Popularity: Sales of top brands hit nearly $400 million in North America in 2013, up from about $150 million in 2011, according to Euromonitor

FARMED ATLANTIC SALMON

Claimed health benefits: High omega-3 content, fatty acids associated with lowering risk of heart disease
Environmental impact: Wild salmon stocks are unsustainable. Farm-raised salmon threaten oceans due to expulsion of waste from overcrowded pens as well as spread of sea lice. The farm-raised salmon industry also interrupts natural biodiversity
Where they're raised: In Canada, Atlantic and Pacific coasts
Popularity: Farmed salmon consumption tripled to more than 110 million kilograms a year in the U.S. in 2010, up from about 3 million kilograms a year in the 1980s according to the Atlantic Canada Fish Farmers Association

URBAN GARDENING

If you grow your own veggies...

City-grown vegetables are likely safe to eat, according to a new study, published in the Journal of Environmental Quality, that takes a look at the popular practice of urban gardening.

Nearly all the vegetables grown in the experiment had low contaminant levels.

While root crops could absorb enough lead to dip into the red zone of safety standards, this shouldn't keep urban gardeners from growing them, says Ganga Hettiarachchi of Kansas State University.

Cleaning is the first important step in ousting the toxins from your city-grown veggies.

"Thorough washing is definitely the key," says the agronomist.

"Soap isn't even really necessary if you wash all of the visible soil off with water in your kitchen. The main point is to make sure you're not eating soil."

AFP

THE CLEAN 15

Environmental Working Group's 2015 rankings of popular produce with the lowest pesticide residue.

1 Avocados
2 Sweet corn
3 Pineapples
4 Cabbage
5 Sweet peas, frozen
6 Onions
7 Asparagus
8 Mangos
9 Papayas
10 Kiwi
11 Eggplant
12 Grapefruit
13 Cantaloupe
14 Cauliflower
15 Sweet potatoes

WINE VS. BEER THE BEST BEVERAGE TO LEVERAGE YOUR ECO-FRIENDLY FOOD

One of the pleasures of eating well is enjoying wine or beer with a meal. But which drink is the more environmentally sustainable beverage?

We asked Tony Aspler, the Wine Guy, and he says wine comes out on top.

Producing beer is much more energy involved, says the wine expert.

"It demands a lot of heating. Wine is a much more natural phenomena," says Aspler. "Grapes are harvested and either fermented with natural yeast or inoculated yeast."

Aspler recommends buying from a local winery whose farming practices are sustainable.

"Look for organically made wines and wineries that are certified bio-dynamic, like Southbrook," Aspler says.

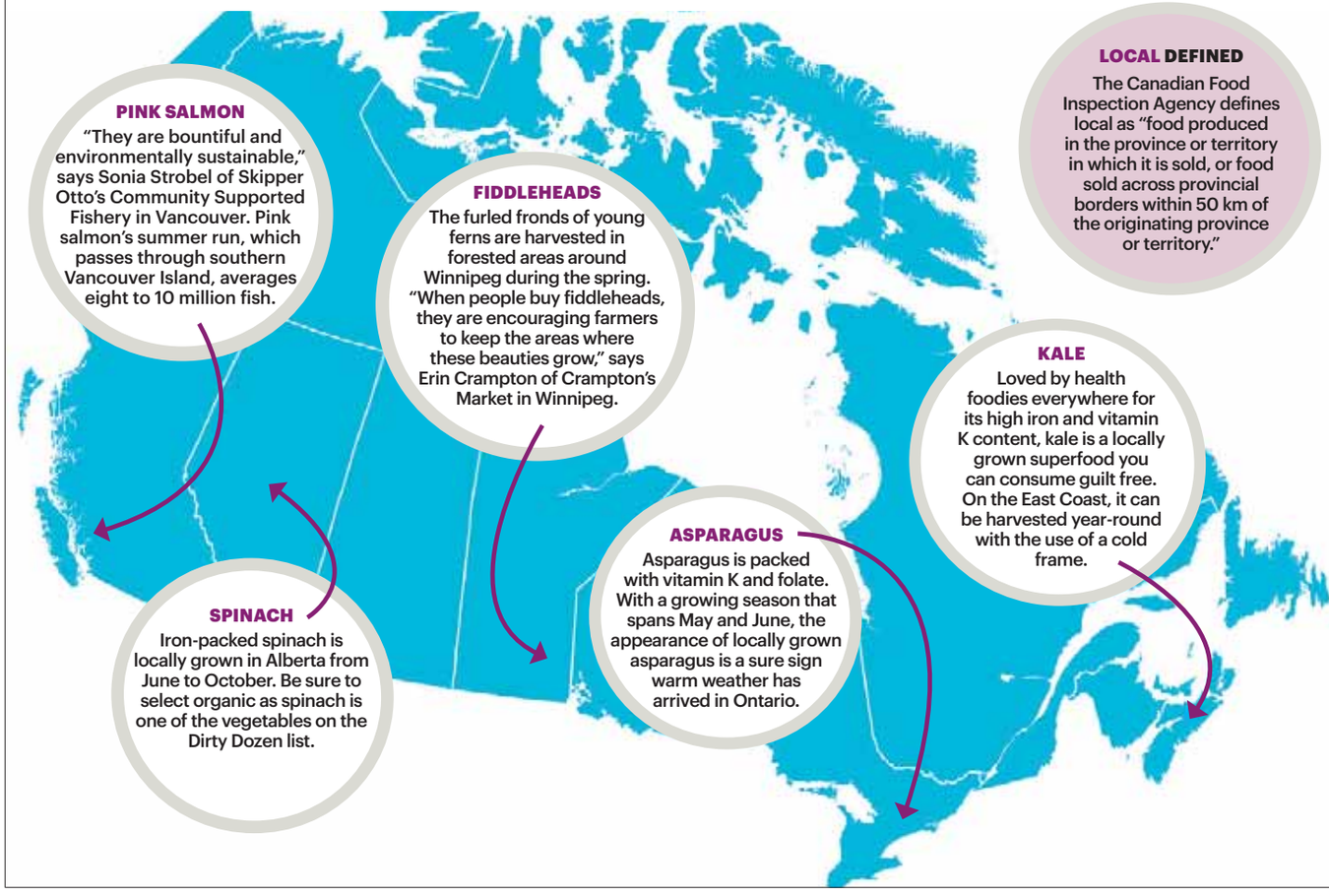
And if you're wondering what to look for when buying an environmentally friendly Canadian brew, Christopher Lowry of Ecotone Productions and the founding director of Brewers Plate Toronto, says, "The simple answer is, buy local first.

"Ontario craft brewers make some of the best beer in the world, and it doesn't have to travel far to get to you.

"Some craft brewers are also sourcing local organic ingredients. It turns out we grow amazing hops in Ontario." HENRIETTA WALMARK/METRO

EATING LOCAL AND IN-SEASON ONE EASY WAY TO LESSEN THE ECO-FOOTPRINT OF YOUR DIET

Locally produced food is fresher, which translates to higher nutrient levels, and eating in-season ensures variety in our diet. Eating local and in-season is also easier on the grocery bill. Here Metro offers a few suggestions for some of Canada's largest centres LIZ BROWN/METRO


PINK SALMON
"They are bountiful and environmentally sustainable," says Sonia Strobel of Skipper Otto's Community Supported Fishery in Vancouver. Pink salmon's summer run, which passes through southern Vancouver Island, averages eight to 10 million fish.
FIDDLEHEADS
The furled fronds of young ferns are harvested in forested areas around Winnipeg during the spring. "When people buy fiddleheads, they are encouraging farmers to keep the areas where these beauties grow," says Erin Crampton of Crampton's Market in Winnipeg.
LOCAL DEFINED
The Canadian Food Inspection Agency defines local as "food produced in the province or territory in which it is sold, or food sold across provincial borders within 50 km of the originating province or territory."
KALE
Loved by health foodies everywhere for its high iron and vitamin K content, kale is a locally grown superfood you can consume guilt free. On the East Coast, it can be harvested year-round with the use of a cold frame.
ASPARAGUS
Asparagus is packed with vitamin K and folate. With a growing season that spans May and June, the appearance of locally grown asparagus is a sure sign warm weather has arrived in Ontario.
SPINACH
Iron-packed spinach is locally grown in Alberta from June to October. Be sure to select organic as spinach is one of the vegetables on the Dirty Dozen list.

WATER CONSUMPTION

Guess how many showers you would have to give up for a burger

If you're a junk food aficionado, don't sit there too smugly thinking that this page is payback for all the times health food fans have lectured you about your lacklustre diet.

On top of polluting your body, your meals are equally ecologically damaging, especially when it comes to water consumption.

The burger, that sacred symbol of fast-food binging, is also a big water hog.

There are the beef cows that need watering, the thirsty tomatoes and lettuce, and all those wheat crops that need to be grown to make the buns that bookend the patty.

In fact, The Water Brothers, Alex and Tyler Mifflin, whose water conservation show airs on TVO and online at waterbrothers.ca, told Metro that one of the most powerful things diners can do for water resources around the world is cut down on their consumption of meat and dairy products.

According to Alex, meat and dairy production eats up about 30 per cent of global freshwater demand.

"We're not saying you have to become a vegetarian, but just replacing a couple of meat-based meals with vegetarian proteins can have a big impact on cutting down on water use and water pollution," says Alex. LIZ BROWN/METRO

It takes 2,400 litres of water to make one hamburger, according to The Water Brothers.

That includes the water needed to produce the beef patty, bun, tomato and lettuce for one burger.

To put it in perspective, 2,400 litres of water could supply you with two months of showers.

Hunt for Hannibal crosses the pond

SNEAK PEEK

Hugh Dancy dishes on Season 3 developments

Eva Kis
Metro | New York City

For a man who plays one of TV's darkest characters, Hugh Dancy laughs easily — though it's the nervous laughter common while watching his show, Hannibal.

The series about cannibalistic Dr. Lecter (played ostentatiously by Mads Mikkelsen) is back for its third season Thursday at 10 p.m. ET/PT on City.

Dancy's tenuously sane profiler Will Graham is recovering from being gutted physically — as Hannibal was emotionally — after betraying his secret to the FBI. Meanwhile, Hannibal is enjoying life as a professor in Italy with accomplice/hostage Bedelia Du Maurier (Gillian Anderson) posing as his wife. We caught up with Dancy about why Will just can't quit Hannibal.

Will is pursuing Hannibal, despite nearly being killed. Is he still with the FBI, or is this personal?

By the end of Season 2, Will has proven that he has no scrap of self-preservation whatsoever. Will is certainly cut off from the FBI, but more to the point, he's cut off from the people who would've been his allies — he doesn't trust them, and they don't necessarily trust him.

Hannibal loves Will, but how does Will feel?

The way I think about it is they've been alone in the world until they recognized something in the other that made them feel not alone, which is as good a description of love as you can have, I suppose.

One of the things that fans have really connected with are Will's dogs. Do you know how that character decision was made?

I don't know except that [series creator] Bryan Fuller is an animal lover and a dog lover in particular. That, to some extent, like most things originates in Red Dragon, the novel, and he took a smaller thing and elaborated on it.

I think also that it was basically about the only way of humanizing Will in the beginning because you have this guy who's socially awkward, borderline hostile and then, in his head, he's killing people all the time. If you had Will without the murder and also without the dogs, you'd just have a really antisocial guy you didn't want to spend much time with.

You had two scenes with Gillian Anderson in Season 2. Will you have more?

I have a few scenes with Gillian, mostly towards the second half, which should serve to tell you that she maintains her presence in the show after we go into the Red Dragon storyline.

Dinners on the show are gourmet affairs. Are you a fancy food guy?

Once in a blue moon, who doesn't like a big lavish dinner with white tablecloths? But on the whole, I prefer that medium: great cooking but a bit more informal, and good company.

I'm more of a wine guy than a food guy, though you can't have one without the other.

What's in your glass these days?

Right now I'm in Germany, so Riesling.

Hugh Dancy's character, Will Graham, pursues Dr. Lecter to Florence for Hannibal's third season. BROOKE PALMER/NBC

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FALL SCHEDULE

City TV scores with fall lineup

The slasher series Scream Queens, The Muppets reboot and the comedy Life in Pieces are among the big TV titles heading to City.

The Rogers Media channel announced a fallschedule Tuesday featuring 11 returning series and 12 new shows.

Scream Queens is the latest horror-comedy to come from American Horror Story creator Ryan Murphy. The show anchors an all-new Tuesday night lineup with the John Stamos comedy Grandfathered and the Rob Lowe comedy The Grinder.

"We were concerned about Tuesdays and I now think we're going to win," said Colette Watson, vice-president of television and broadcast operations.

Sunday night also gets an overhaul with addition of the Fox comedy The Last Man on Earth and two comedies last seen on Global: Family Guy and Bob's Burgers.

Hockey Night in Canada returns Saturday nights. Returning series include the comedies Modern Family and Black-ish as well as the breakout hit drama Empire, which moves from OMNI and will air at 8 p.m. ET Wednesdays, an hour earlier than the Fox broadcast.

"It was unbelievably successful in the U.S. so they are so anxious to get season number two going," said Watson.

The CBC-TV classroom comedy Mr. D also joins the schedule while The Mindy Project, — recently dropped by Fox but picked up by Hulu — will run Thursdays.

Thursdays will also be home to Thursday Night NFL in a CBS simulcast until Oct. 29.

THE CANADIAN PRESS

Abigail Breslin stars in Scream Queens, premiering this September on City. STEVE DIETL/FOX

IN BRIEF

Rogers Media plans to tweak Hockey Night in Canada in off-season

As Hockey Night in Canada wraps its first season as a Rogers property, changes are already being planned for next. But none of them have to do with controversial rookie host George Stroumboulopoulos, said Rogers Media boss Scott Moore on Tuesday.

Some of HNIC's more outspoken viewers remain staunchly opposed to the new face of the Saturday night double-header, the result of Rogers' 12 years, $5.2-billion deal for NHL broadcast rights.

Moore says viewership is up overall on television — but barely, at two per cent.

"Hockey Night in Canada — was it up as much as we would like? No, but I think the boys in blue down the street might have had something to do with that," said Moore, citing the disappointing performance of the Toronto Maple Leafs.

He expects more interest next season with the arrival of new Leafs coach Mike Babcock and budding young star Connor McDavid joining the league, likely in Edmonton.

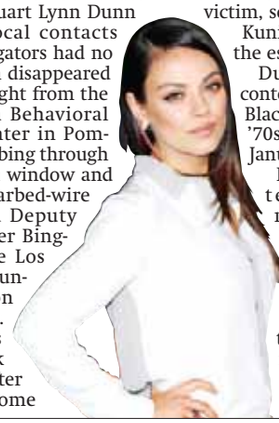
THE CANADIAN PRESS

MILA KUNIS

Stalker on the loose

Authorities focused on transient populations in the search for a man sentenced for stalking actress Mila Kunis after he escaped from a Southern California mental health facility.

Probation officials said Tuesday that Stuart Lynn Dunn had few local contacts and investigators had no leads. Dunn disappeared Saturday night from the Olive Vista Behavioral Health Center in Pomona by climbing through a bathroom window and scaling a barbed-wire fence, said Deputy Chief Reaver Bingham of the Los Angeles County probation department. Officials went to look for Dunn after he didn't come back from the shower, Bingham said.



"We're treating him as dangerous," Bingham said Monday. "We never know the state of mind of an individual. He does have a fixation on the original victim, so that's why."

Kunis was notified of the escape, he said.

Dunn pleaded no contest to stalking the Black Swan and That '70s Show actress in January 2013.

Dunn was sentenced to six months of rehabilitation and five years of probation and ordered to stay away from the actress and her representatives for 10 years.

THE ASSOCIATED PRESS

Pharrell Williams, Helen Lasichanh, Kim Kardashian and Kanye West attend the 2015 CFDA Fashion Awards in New York City.

ALL PHOTOS GETTY IMAGES

MATCH.COM

Mariah is on Match

Mariah Carey has joined Match.com — not just for love, but to promote her latest single.

The pop diva joined the dating website early Tuesday as she launched the music video for Infinity, which debuted on Match and VEVO.

Carey's profile says she's divorced and has two children. She posted four photos, including one of her singing and another of her taking a selfie.

The 45-year-old said in a statement: "I hope every woman who is single and listens to this song goes out and finds her infinity, whether on Match or the traditional way."

In her new music video, Carey considers three potential Match suitors.

Other musicians have used dating sites to launch music, including DJ-producer Zedd, who used Tinder last month to help promote his album, True Colors.

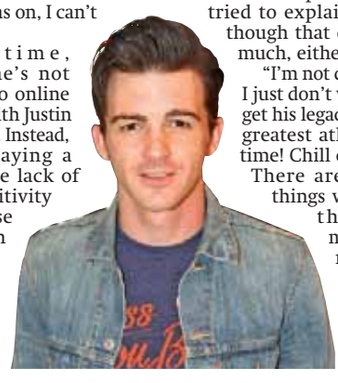
THE ASSOCIATED PRESS

CAITLYN JENNER

Bell's unsweet tweet

At this point, former Nickelodeon star Drake Bell is getting better known for Twitter dust-ups than whatever show he was on, I can't remember.

This time, though, he's not getting into online fisticuffs with Justin Bieber fans. Instead, he's displaying a remarkable lack of trans sensitivity in response to Caitlyn Jenner's big reveal — or at least he was until he deleted his offending tweet. "Sorry … still calling you Bruce," he tweeted this week, immediately causing a firestorm of responses. He then tried to explain himself, though that didn't help much, either:



"I'm not dissing him! I just don't want to forget his legacy! He is the greatest athlete of all time! Chill out!"

There are so many things wrong with that statement, I don't really know where to begin.

NED EHRBAR/ METRO

Kanye being Kanye

CFDA FASHION AWARDS

Pharrell gets fashion icon award … but West steals spotlight

It was music superstar Pharrell who was being honoured as a fashion icon, but it was another superstar who got a lot of the attention at the annual Council of American Fashion Designers awards on Monday night.

Introducing Pharrell, who was receiving the evening's Fashion Icon award, Kanye West took the opportunity not just to praise his friend, but to express frustration at the fashion industry for, he suggested, its cool reception to his efforts to be a serious fashion designer.

DRESS ON FIRE

Kim Kardashian reported on social media Tuesday that her dress caught fire following the CFDA Fashion Awards.

"It is very difficult to break perception," West said. "Fashion had to be the hardest high school I ever entered. At least I had a big brother," he said, referring to Pharrell, who "talked me through it and kept me going."

Pharrell, in turn, thanked many fashion figures who've been influential in his career and in his personal style, and concluded by saying: "I'm not a style icon. I'm just inspired. And I'm OK with that."

The emotional highlight of the evening, which honours the year's top designers, was when Betsey Johnson, whose colourful, whimsical designs have been gracing the fashion world for more than 50 years, came onstage to accept her lifetime achievement award.

An ebullient Johnson, 72, treated the crowd to one of her signature cartwheels, and ended it with a split. She then called over her friend, presenter Kelly Osbourne, to help her up off the floor so she could give her speech. THE ASSOCIATED PRESS

GOSSIP BRIEFS

Iggy Azalea engaged

So what's the best way to celebrate your 30th birthday with your famous Australian rapper girlfriend?

Proposing marriage, apparently. At least that's what NBA star Nick Young did, asking Iggy Azalea to marry him during his big party, dropping to one knee and producing a sizeable 10-carat yellow diamond ring, according to TMZ. Oh, and the happy occasion was all caught on camera, naturally. Young and Azalea have been dating for two years — after a first date that apparently involved a trip to Target.

That's dope.

THE ASSOCIATED PRESS

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metro DRIVE
Your essential daily news

The Lamborghini SUV will launch in 2018 and will be built in Italy

4Runner tackles rough stuff

ROAD TESTED

JIL McINTOSH/FOR METRO

REVIEW

Toyota SUV also behaves on highways, city streets

Jil McIntosh
For Metro

In the beginning, there were trucks. And from trucks we got utility vehicles, which could handle the rough-and-tough just as well, but carry more people.

Eventually they morphed into the sport utility vehicle, or SUV, most of which softened their tough edges to become more car-like. But there are still a few that can really tackle the rough stuff, including Toyota's 4Runner.

> **You'll need to be prepared for the fuel consumption**

It's still body-on-frame construction, and on this reviewer's Trail Edition tester, you get a part-time four-wheel-drive system that you engage with a lever and which is meant only for off-road, where it'll take the 4Runner through just about anything. If you prefer a four-wheel system that can also be used on dry roads, the Limited trim line uses full-time 4WD.

All 4Runner models contain a 4.0-litre V6 engine with a five-speed automatic transmission. It's a gutsy engine and a good fit, but this is a heavy vehicle and you'll need to be prepared for the fuel consumption. It's officially rated at 12.8 L/100 km in combined driving, but when this reviewer drove it in cold weather, she topped out at 17.2 L/100 km.

The default configuration is five-passenger seating, but the top-line Limited trim can be optioned to seven passengers. On my Trail Edition tester, the cargo area floor is covered with a handy tray that'll hold 200 kilograms and pulls out for easier loading. You can also hide valuables in the shallow cubby under the tray.

The power-operated rear window disappears completely into the liftgate so you can toss items in, and can be operated from the key fob, but the liftgate itself is heavy and it takes a serious tug to pull it closed.

Despite its considerable off-road ability, the 4Runner still behaves well on city streets, and it's quiet and well-mannered on the highway.

The cabin may look a little dated, but the big, simple controls let you adjust the climate or stereo with a minimum of distraction.

The 4Runner's probably far more than most people need, but for those who want both daily urban transportation and a serious off-roader for weekends, this could fit the bill.

THE CHECKLIST | 2015 TOYOTA 4RUNNER

THE BASICS

Type. 4-door, 5- or 7-passenger midsize 4WD SUV
Engine (hp). 4.0-litre V6 (270)
Transmission. Five-speed automatic
Price. Base $39,060; as-tested $45,575 (plus destination)

POINTS

- All 4Runner trims include a towing package, and can pull up to 2,268 kilograms.
- Terrain Edition includes crawl control, an off-road cruise control that can be set for 1.5 to 5 km/h.
- Downhill assist control will automatically slow the 4Runner on steep off-road inclines.

JIL McINTOSH/FOR METRO

COOL FEATURES

- Touch-screen audio with satellite radio.
- Standard rear-view camera.
- Power-operated liftgate window.
- Tire pressure monitoring system.
- 40/20/40 folding and reclining rear seats.

MARKET POSITION

The 4Runner plays in a small field. 4WD, body-on-frame SUVs aren't as fuel efficient as unibody models and are more capable than most people need. Toyota also used to offer the retro-styled FJ Cruiser, a competitor to the Jeep Wrangler.

THE COMPETITION

Jeep Cherokee
Base price: $24,495

Nissan Xterra
Base price: $34,013

Subaru Forester
Base price: $25,995

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*Corolla CE: †All in lease payment is semi-monthly for 60 months with $1550 down payment. Includes freight and fees, HST extra. 2015 Camry LE: All in Lease payment is semi-monthly for 60 months with $2050 down payment when you apply the $500 customer inventive. Includes freight and fees, HST extra. All in Finance is Bi-Weekly for 84 months when you apply the $500 Customer Incentive. Includes freight and fees, HST extra. All in price includes freight and fees, HST extra. 60 months with $1750 down payment. Includes freight and fees, HST extra, $250 Lease assist. ‡ All in finance payment is bi-weekly for 84 months, includes freight and fees. Cash rebate only available on cash purchases. LE, S and LE ECO models only. Rebate does not apply to FWD LE models. **Rav4 LE FWD. †All in lease payment is semi-monthly for 60 months with $1750 down payment. Includes freight and fees, HST extra, $250 Lease assist. ‡ All in finance payment is bi-weekly for 84 months, includes freight and fees, HST extra. ¶ All in price includes freight and fees, HST extra. Cash rebate is only available on cash purchases. ** Offer applies on approved credit to retail customers who purchase and take delivery by June 30st, 2015. The first monthly payment will be deferred for 60 days (until the 90th day of the contract) and finance contracts will be extended accordingly. Interest charges will not accrue during the first 60 days of the contract. After 60 days, interest starts to accrue and the purchaser will repay principal and interest over the term of the contract.

GM pulls plug on Volt abroad

SALES

Right-hand drive car to go

General Motors will no longer produce its next-generation plug-in hybrid Volt in right-hand drive for foreign markets. That spells the end of the Holden Volt, as the car is marketed in Australia, reports AutoWeek magazine. The Volt in right-hand drive has been on sale since late 2012, but because of a $60,000 US price tag and a lack of interest from Aussie buyers, just 246 of the cars have been sold.

TEXT AND IMAGES BY WHEELBASE MEDIA

NEW CARS

Fiat 500X to woo continent

Fiat's 2016 500X tall wagon might do for Fiat what other 500 models haven't: win the minds and wallets of North American buyers in a vehicle class that's expanding quickly. Designed in Italy and aero-smooth in all the right places, Fiat says the 500X blends road manners, appropriate urban dimensions and high fuel economy with a wide-ranging suite of premium safety technologies.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

E-CARS

Big Oil's days numbered?

An upheaval in clean energy is quietly loosening the grip of the world's largest publicly owned oil and gas companies (known as Big Oil) on the automotive industry, say analysts at Bloomberg New Energy Finance. Electric vehicles "are starting to take off, with global sales of 288,500 units last year." While that's just 0.5 per cent of all car sales, it's more than five times the number sold in 2011. That's because electric-car battery costs are falling as fast as solar-panel costs. The price of lithium-ion batteries has fallen 60 per cent from 2010 "and will keep declining at the same pace." Fuel-cell cars are also moving into showrooms from the laboratory. The Chevrolet Bolt (pictured at left), for example, with long electric range, is expected to help make electric cars more popular.

ENERGY

Tesla looks past automobiles

Tesla Motors is reinventing itself to become more than an automotive company, but an "energy innovation company" first and foremost. Its new corporate offshoot, Tesla Energy, will enable homes, businesses and utilities to store electrical energy on site, to manage individual power demand, provide backup power and increase electrical grid resilience. Its Powerwall suite of infinitely stackable lithium-ion batteries mount on a wall to draw and store power from the grid during lower-cost non-peak periods, and/or from roof-mounted solar panels.

+ INVESTMENT

Toyota to splash out on hydrogen development

As one of the auto industry's leading proponents of hydrogen fuel-cell technology, Toyota has set out to do with fuel cells what it did with gas/electric hybrid tech: to make it mainstream. Toyota will sell $4.2 billion US-worth of its common shares, mainly to fund fuel-cell research and development. The company began sales last December of the Mirai sedan, its first production car to run on hydrogen and emit only water, reports industry watchdog Automotive News.

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Retail offers not combinable with any CPA, GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). †Until June 30, 2015, receive 0% APR purchase financing on new 2014 Edge and 2015 Mustang (excluding 50th Anniversary, Shelby GT350), Flex, Escape, and F-350 to F-550 (Chassis Cabs) models for up to 60 months, and 2015 Focus, Fiesta, Fusion, Taurus, F-250, and F-350 to F-450 (excluding Chassis Cabs) models for up to 72 months to qualified retail customers on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 36/60/72 months, monthly payment is $694.44/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. "Until June 30, 2015, lease a new 2015 F-150 (excluding Regular Cab XL 4x2 Value Leader) or Fusion for up to 24 months. 2014/2015 Edge or 2015 Flex for up to 36 months. 2015 Focus, Taurus, or Escape for up to 48 months, and get 0% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease a model with a value of $30,000 at 0% APR for up to 24/36/48 months with an optional buyout of $15,600/$13,200/$10,800 and $0 down or equivalent trade-in, monthly payment is $600.00/$466.67/$400.00, total lease obligation is $14,400.24/$16,800.12/$19,200.00, interest cost of leasing is $0 or 0% APR. Additional payments required for PPSA (RDPRM for Quebec), registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions apply. Excess kilometrage charges are 12¢ per km for Fiesta, Focus, C-MAX, Fusion and Escape; 16¢ per km for E-Series, Mustang, Taurus, Taurus X, Edge, Flex, Explorer, F-Series, MKS, MKX, MKZ, MKT and Transit Connect; 20¢ per km for Expedition and Navigator, plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. ^Until June 30, 2015, lease a new 2015 Ford Focus Sedan SE/Focus Sedan Titanium/Escape SE FWD 2.5L Cargo Package (200A)/Escape Titanium FWD for up to 48 months, and get 0% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease a 2015 Focus Sedan SE/Focus Sedan Titanium/Escape SE FWD 2.5L Cargo Package (200A)/Escape Titanium FWD with a value of $21,344/$27,144/$27,104/$33,254 (after $1,195/$1,195/$1,195/$0 down payment or equivalent trade-in deducted, and including freight and air tax charges of $1,665/$1,665/$1,790/$1,790) at 0% APR for up to 48 months with an optional buyout of $9,067/$11,445/$11,734/$14,317, monthly payment is $215/$286/$280/$380, total lease obligation is $11,515/$14,923/$14,635/$18,240, interest cost of leasing is $0 or 0% APR. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restrictions of 64,000 km for 48 months apply. Excess kilometrage charges are 12¢ per km for Focus and Escape, plus applicable taxes. Excess kilometrage charges subject to change – see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. ‡Until June 30, 2015, receive 0.99% APR purchase financing on new 2015 Ford Fusion SE FWD/Fusion Titanium AWD model for up to 84 months, to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: 2015 Fusion SE for $26,099/$34,999 (after $0/$1,195 down payment or equivalent trade-in deducted and including freight and air tax charges of $1,700), purchase financed at 0.99% APR for 84 months, monthly payment is $310/$405 (the sum of twelve (12) monthly payments divided by 26 periods) gives payee a bi-weekly payment of $143/$187), interest cost of borrowing is $892/$1,165 or APR of 0.99% and total to be repaid is $26,026/$34,034. Down payment may be required based on approved credit from Ford Credit. 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To qualify: (i) customer must, at the time of the Eligible Vehicle sale, demonstrate to the dealer / provide the dealer with sufficient proof of Criteria and a signed original ownership transferring his/her vehicle to the authorized recycler; and (ii) the Eligible Vehicle must be purchased, leased, or factory-ordered during the Program Period. Limit one (1) incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales if valid proof is provided that the customer has 2 separate qualifying recycled vehicles. Offer is transferable only to persons domiciled with the owner of the recycled vehicle. ©2015 Sirius Canada Inc. "SiriusXM". the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2015 Ford Motor Company of Canada, Limited. All rights reserved.

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AUTO NEWS FORD OPENS ITS E-CAR PATENTS UP TO COMPETITORS

Electric decals for the Ford Focus at Ford's Wayne, Mich., assembly plant. AFP PHOTO/MIRA OBERMAN

Ford has realized that if the auto industry is to have the breakthrough it needs to make e-cars the norm, collaboration is going to be just as crucial as competition. The automaker revealed it is to open up its e-car patents to its rivals. "The way to provide the best technology is through constant development and progress," said Kevin Layden, director, Ford Electrification Programs. "By sharing our research with other companies, we will accelerate the growth of electrified-vehicle technology and deliver even better products to customers." In 2014 alone, Ford filed more than 400 patents pertaining to e-car technology in the U.S. — more than 20 per cent of all patent applications made over the past year. E-car competitor Tesla has already opened up its patents book to anyone. AFP

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SELF-DRIVING VEHICLES

Era heralds fewer cars on roads

AUTO PILOT
Mike Goetz

Not too long ago the only time people used the word "disruptive" was to describe that kid in grade school who was adept at knocking the class off its educational stride.

Now every time we hear the word, it seems to be in reference to technology and innovation, and how "disruptive technology" is going to be, well, very disruptive to whatever is going on at the moment.

Digital technology and the Internet are the most obvious and largest "disrupters" of late, and they're just getting started.

Yet we're also heading into an era where we will see a huge disruption in how we use and own vehicles. A vehicle that can do its thing without a human driver, and without accidents, opens up so many possibilities and scenarios, it's hard to image how anything on the current automotive scene would remain unaffected.

The entities that now design and build our vehicles will have the most adjusting to do, if they want to stay in the "mobility" game. We're already seeing Silicon Valley players, such as Google and Apple, becoming a factor in this industry, which previously revolved around places such as Detroit, Wolfsburg, and Toyota City.

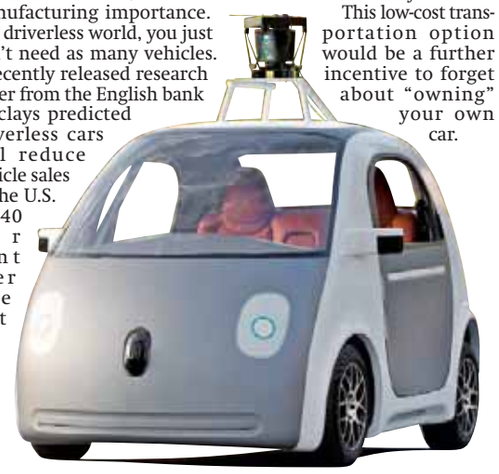
Not only is their technological influence at stake, so is their manufacturing importance. In a driverless world, you just don't need as many vehicles. A recently released research paper from the English bank Barclays predicted driverless cars will reduce vehicle sales in the U.S. by 40 per cent over the next 25 years, and force domestic players, such as GM and Ford, to cut production here in North America by more than half. Ouch.

The paper also forecasted the main vehicle types that would populate this smaller vehicle pool:

- Traditional vehicles, with no (or limited) self-driving capabilities. These vehicles would primarily be trucks and vans used for work-related activities, but would also include performance and sporty vehicles that some people would want to "self" control, because they find that kind of thing fun.
- Family Autonomous Vehicles (FAVs) would be self-driving vehicles owned by individual families. This category would more or less replace the current luxury category, because it would have elements of status, comfort, and exclusivity.
- Shared Autonomous Vehicles (SAVs) would be one of the main ways people would get around. Think "robot taxi" service.
- Pooled Shared Autonomous Vehicles (PSAVs) would be similar to SAVs, except the "robot taxi" service would take multiple riders at the same time.

The report also noted the cost of these taxi services would be quite reasonable, since they would be so optimized and efficient, and because the main cost of the current taxi model is the human driver, and a human driver would be so not needed in that future mobility world.

This low-cost transportation option would be a further incentive to forget about "owning" your own car.



An early prototype of Internet search giant Google's self-driving car. GOOGLE

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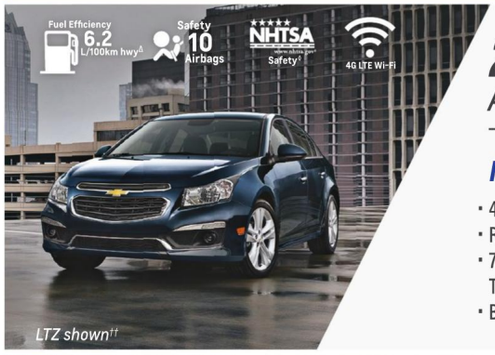

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Other cash credits available on most models. See dealer for details. ▼/◆◆/***Freight & PDI ($1,600/$1,650), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ††2015 Cruze LTZ, MSRP with freight, PDI & levies $28,639. 2015 Equinox 1LZ, MSRP with freight, PDI & levies $39,164. 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Example: Based on a purchase price of $17,450 (including $1,000 lease credit, and $442 owner cash) for a 2015 Chevrolet Cruze LS 1SA. Bi-weekly payment is $90 for 24 months at 0.0% APR, on approved credit to qualified retail customers by GM Financial. Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade of $0 and/or $0 security deposit is required. Total obligation is $4,696. Option to purchase at lease end is $11,312. Price and total obligation exclude license, insurance, registration, taxes, dealer fees and optional equipment. Other lease options are available. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. **5** Offer valid to eligible retail lessees in Canada who have obtained credit approval by and entered into a lease agreement with GM Financial, and who accept delivery from June 2, 2015 – June 30, 2015 of any new or demonstrator 2015 model year Chevrolet Cruze. General Motors of Canada will pay one month's lease payment or two biweekly lease payments as defined on the lease agreement (inclusive of taxes). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. PPSA/RDPRM is not due. Consumer may be required to pay Dealer Fees. Insurance, licence and applicable taxes not included. Additional conditions and limitations apply. GM reserves the right to modify or terminate this offer at any time without prior notice. See dealer for details.

metro SPORTS

Cam Newton has reportedly agreed to a $103.8-million, five-year deal with Carolina

Wednesday, June 3, 2015

CSA head calls women's game 'a shining light'

WOMEN'S WORLD CUP

Soccer boss sees Canadian event restoring game's lustre

The head of Canadian soccer says the Women's World Cup may help restore the shine of world soccer despite the mushrooming FIFA scandal.

The turmoil in the sport's world governing body took another turn Tuesday as president Sepp Blatter, just four days after winning re-election, announced plans to step down.

Canadian Soccer Association president Victor Montagliani welcomed the news of Blatter's departure, saying change was needed in the FIFA boardroom because "I think we've lost our moral compass in the game."

"Hopefully this is the start of us giving it back."

Montagliani says the Women's World Cup will help that.

"The women's game in a lot of ways is a shining light that may part the clouds here," Montagliani told The Canadian Press on Tuesday. "Women's football is in such a pure state in terms of these girls really play for the jersey, really play for the love of the game. We're not talking big-money athletes. There's a purity to it."

Canada forward Adriana Leon clashes with England's Claire Rafferty during Friday's friendly at Tim Hortons Field in Hamilton. Canada opens up World Cup play this Saturday at Edmonton's Commonwealth Stadium. GEOFF ROBINS/AFP/GETTY IMAGES

But also a little mystery. A CSA spokeswoman, responding to a Canadian Press question about compensation for the Canadian women at the World Cup, said she could not divulge the information because of a confidentiality clause in the agreement between the team and Canada Soccer.

Montagliani did not vote for Blatter at Friday's FIFA Congress and he says he personally told the FIFA president why.

> **I think we've lost our moral compass in the game.**
> Canadian Soccer Association president Victor Montagliani

Blatter was surprised, Montagliani said.

The CSA president said he had not expected Blatter to fulfil his term but was surprised the end came so soon.

Asked how Blatter will be remembered, Montagliani said "probably, in the short-term, not very well." That cloud will overshadow the fact there was growth during his years as general secretary and then president.

Montagliani says he never saw any signs of shady business in FIFA. He cited cultural differences in doing business around the world, but "there's a difference between accepting differences and what's coming out (in the scandal)."

Montagliani was elected president of the CSA in 2012, one year after Blatter ran unopposed.

The native of Burnaby, B.C., was a CSA vice-president for three terms, and has been a member of its executive committee since 2005.

THE CANADIAN PRESS

MEN'S SOCCER

Akindele chooses Canada

FC Dallas forward Tesho Akindele has committed to Canada.

The Calgary-born Akindele, who also has U.S. citizenship, was part of Benito Floro's Canadian roster announced Tuesday for the World Cup qualifying series against Dominica that opens next week.

"I'm extremely excited, just honoured to get a chance," Akindele told The Canadian Press.

Tesho Akindele GETTY IMAGES FILE

Akindele, named MLS rookie of the year in 2014, accepted and then declined a Canadian invitation in November and attended a U.S. camp in January. But he has yet to be cap-tied.

That will change as soon as he sets foot on the field for Canada, currently ranked 115th in the world, in the home-and-away series against No. 165 Dominica.

Akindele, who attended a Canadian under-17 camp in Costa Rica in the past, said he consulted friends, family and teammates in making his decision.

"Also I just thought I was born a Canadian citizen," Akindele said. "Every time I dreamed of international soccer, it was Canada that I thought of. Because I never knew I'd have the option of playing for America.

"So I thought I should just go with what I've always felt my whole life." THE CANADIAN PRESS

MLB

Jays drop first game of double dip in D.C.

Jordan Zimmermann allowed six hits in eight innings, Bryce Harper singled home the go-ahead run off R.A. Dickey and the Washington Nationals beat the Toronto Blue Jays 2-0 Tuesday in the opener of a doubleheader.

A day after rain postponed the first meeting of the teams since 2012, Zimmermann (5-2) struck out four and walked one to win.

THE ASSOCIATED PRESS

Go to metronews.ca for more Jays coverage.

Bryce Harper and reliever Drew Storen hug on Tuesday in D.C. THE ASSOCIATED PRESS

IN BRIEF

Canada has hope in Hendo

Lorie Kane was the last Canadian to win an LPGA event back in 2001. Fourteen years later, her young protege hopes to end that drought on home soil.

Brooke Henderson highlights a contingent of 10 Canadian golfers at this week's Manulife LPGA Classic at Whistle Bear Golf Club in Cambridge, Ont. In her first season as a pro, the 17-year-old has already come close to winning a championship and ending Canada's barren run.

"We're hoping to change that this week," said Henderson, sitting alongside her caddie, older sister Brittany, in a press conference Tuesday.

THE CANADIAN PRESS

Brooke Henderson GETTY IMAGES

FRENCH OPEN

Vintage Federer absent on red clay

Stumbling on his way to the net, Roger Federer dropped his racket and fell to his knees on the red clay. Hardly the sort of grace and precision the world has come to expect from the 17-time Grand Slam champion.

"I made 30-something errors today. He, maybe, made one," said Federer, exaggerating a bit after his 6-4, 6-3, 7-6 (4) loss in the French Open quarter-finals Tuesday to Swiss Davis Cup teammate Stan Wawrinka.

THE ASSOCIATED PRESS

Roger Federer was eliminated from the French Open on Tuesday. GETTY IMAGES

Yzerman heaps praise on Captain Serious

STANLEY CUP FINAL

Lightning GM says Toews is a better player than he was

Steve Yzerman sees some of himself in Jonathan Toews but thinks the Chicago Blackhawks' captain is a better player than he was during his Hall of Fame career.

"The reality is Jonathan's bigger, stronger — better," the Tampa Bay Lightning general manager said. "I'm not sure I could even take him in a race, either, so he's probably faster.

"Just a better hockey player."

Toews goes into the Stanley Cup final against Yzerman's Lightning with his name on the trophy twice and close to matching the longtime Detroit Red Wings captain's mark of three titles. On Tuesday, the 2010 Conn Smythe Trophy winner, 2013 Selke Trophy winner and two-time Olympic gold medallist brushed off the effusive praise from Yzerman.

"Steve is a very complimentary person, and I don't think he'd say anything less than that," Toews said. "I just take that with a grain of salt.

"I think everyone here knows that's pretty much untrue, but it obviously means a lot to hear any sort of praise from a guy like that."

Yzerman was more than a point-a-game player in over 1,500 regular-season contests and had 185 playoff points in his career. He, too, was playoff MVP and the NHL's best defensive forward and also won the Ted Lindsay Award as the NHLPA's outstanding player.

Toews's numbers are just a tad off, but the argument has been made that he's right up there with Sidney Crosby as one of the world's best hockey players.

Yzerman knew that in 2007 as GM of Canada's team at the world championship when Toews played at the age of 19 out of the University of North Dakota. Toews had two goals and five assists as the Canadian squad won the gold medal.

In complimenting Toews, Yzerman pointed out that his own career evolution into a two-way centre came about when legendary coach Scotty Bowman pushed him and the Red Wings to be better defensively. Toews didn't need that urging.

"Jonathan's been that since Day 1, since he's come into the league," Yzerman said. "He's just a complete hockey player."

Toews is again a finalist for the Selke Trophy and a candidate to win another Conn Smythe if he leads the Blackhawks to their third Cup in six years. Even with all his accolades, Yzerman saying Toews is better than him reverberated on media day before Wednesday's Game 1 of the final.

Blackhawks star Patrick Kane considered it lofty but fair praise.

"Obviously Steve had a great career," Kane said.

"I think we all have a lot of respect for him and what's he done." THE CANADIAN PRESS

I think that speaks for itself and how good of a career Jonny has had to date when a player of that magnitude says something like that about you.

Patrick Kane

Blackhawks captain Jonathan Toews's career path has closely followed that of Steve Yzerman. BRUCE BENNETT/GETTY IMAGES

Steve Yzerman GETTY IMAGES FILE

TALE OF THE TAPE

Yzerman		Toews
1,514	GP	565
692	G	223
1,063	A	283
1,755	Pts	506
196	Playoff games	110
185	Playoff points	97
3	Stanley Cups	2
21	Age named captain	20

Bolts able to match Chicago's big stars

Around the Tampa Bay Lightning locker-room, the respect for the Chicago Blackhawks almost felt like reverence.

Players and coach Jon Cooper reminded everyone that the Blackhawks were in their third Stanley Cup final in six years, and goaltender Ben Bishop called them the deepest, most skilled team in the playoffs. Captain Steven Stamkos offered more praise.

"You look at their top two lines and their top four (defencemen), it's almost like the Harlem Globetrotters out there at times on the ice the way they can pass it and move," Stamkos said. "They're champions for a reason."

Yes, they are champions of the recent past, but the Lightning look like champions of the present. Their top-end talent of Stamkos, centre Tyler Johnson and defenceman Victor Hedman isn't as accomplished as the Blackhawks' Jonathan Toews, Patrick Kane and Duncan Keith, but they're proving they can win in the playoffs just the same.

When Stamkos didn't score for the first eight games, Johnson shouldered the load. Now he has a playoff-best 12 goals and 21 points.

When Stamkos started scoring, the goals came in bunches and the Lightning beat the Montreal Canadiens and New York Rangers. Tampa Bay's top two lines of Johnson between Ondrej Palat and Nikita Kucherov and Valtteri Filppula between Alex Killorn and Stamkos stack right up against Chicago's top six of Toews, Kane, Brandon Saad, Marian Hossa, Brad Richards and Bryan Bickell. THE CANADIAN PRESS

Keys to victory ... and defeat

Here are five things to watch when the Stanley Cup final begins in Tampa, Fla., on Wednesday night

THE CANADIAN PRESS

Tyler Johnson BRUCE BENNETT/GETTY IMAGES

1 TYLER THE CREATOR

Tampa Bay centre Tyler Johnson was a Calder Trophy finalist last year and productive in the regular season, but the playoffs have been a showcase for the 24-year-old. Johnson is listed at five-foot-eight but no opponent has been able to slow him down, and that's the Blackhawks' biggest challenge.

2 EXPERIENCE X-FACTOR

Lightning players are tired of hearing they're less experienced than their opponent, a common refrain since the first round. But it's true: while Tampa Bay has earned valuable experience in these playoffs, the Blackhawks have a core with two Stanley Cup rings. The Anaheim Ducks found out what that meant when Jonathan Toews and Patrick Kane took over Games 6 and 7.

3 TESTING THE DEPTHS

Chicago's top four defencemen — Duncan Keith, Niklas Hjalmarsson, Brent Seabrook and Johnny Oduya — are top notch, but things get hairy when they're not on the ice. The Lightning would be wise to try to get either the "Triplets" line — led by centre Tyler Johnson — or Steven Stamkos's line against the third pairing as much as possible at home with the last change.

4 WHO CRACKS FIRST?

Corey Crawford and Ben Bishop have flashed brilliance, but each goaltender has also faltered at times this postseason. Crawford gave way to Scott Darling in the first round and has allowed five or more goals twice. Bishop's glove hand has created some misadventures, too. With so much offence on either side, these goalies will be tested early and often.

5 TESTING THE DEPTHS II

The Lightning have the edge in blue-line depth, but a vast majority of their goals have come from top-six forwards: 45 of 55 in the playoffs, six for defencemen and four for bottom-six forwards. The Blackhawks can exploit that because of their more balanced scoring: 31 goals from their top six, nine from their defence and 16 from bottom-six forwards.

Stopping James key for Warriors

NBA FINALS

Golden State's solid defence faces stiffest challenge yet

LeBron James believes there's nobody in the world that can stop him. He's too strong, too fast, too skilled.

A bully with a basketball and beast above the rim.

For the Golden State Warriors to win the NBA title, they will need to get past James and the Cleveland Cavaliers in the finals starting Thursday night. And not just once — but four times in seven games.

"Some have been successful. Many have failed," said Warriors forward Draymond Green, the runner-up for defensive player of the year and among at least four players who will get their shot at James in the series.

Defending the four-time MVP is a challenge the Warriors think they're as well equipped as anybody to face.

They had the top-rated defence during the regular season and held opponents to a league-low 42.8 per cent shooting. They're loaded with length and versatility on the perimeter, and they lean on seven-footer Andrew Bogut to back them up around the basket.

Call it the Irresistible Force Paradox: An unstoppable force meets an immovable object. Someone, or something, will surely have to give in this matchup. "Our defence is the best in the league, but we're looking forward to the challenge," Bogut said.

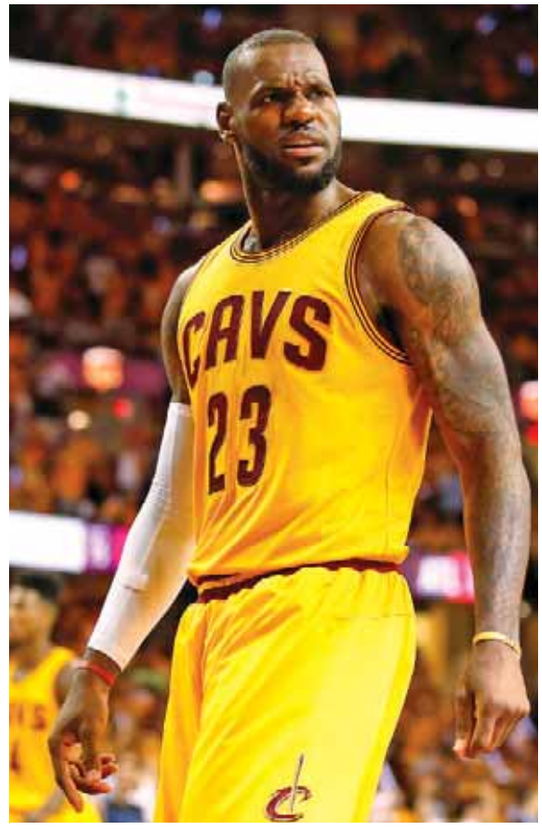
James had little trouble slicing through Golden State's smothering pressure in the lone game he played against the Warriors this season. He scored a season-high 42 points in the Cavs' 110-99 win in Cleveland on Feb. 26, shooting 15 of 25 from the floor while hitting 8 of 11 free throws.

Warriors coach Steve Kerr called it "one of those games where he was making everything." He said the key to avoiding a repeat performance is clogging the paint and avoiding turnovers that lead to transition baskets.

"Sometimes your best defence is your offence," Kerr said. "You can't get crazy with the ball. A live-ball turnover with LeBron is just a dunk at the other end."

THE ASSOCIATED PRESS

> **Sometimes your best defence is your offence. You can't get crazy with the ball. A live-ball turnover with LeBron is just a dunk at the other end.**
>
> Golden State Warriors coach Steve Kerr



LeBron James scored a season-high 42 the last time he played against the Golden State Warriors. GREGORY SHAMUS/GETTY IMAGES

NBA IN BRIEF

Warriors' Thompson cleared to play in Finals

Golden State Warriors guard Klay Thompson has been cleared to return for the NBA Finals after his concussion.

The Warriors announced after practice Tuesday that Thompson completed the NBA's concussion protocol and will be ready to play Game 1 on Thursday against Cleveland. The all-star shooting guard was injured in the Warriors' Western Conference final victory against Houston.

THE ASSOCIATED PRESS

Chicago Bulls replace Thibodeau with Hoiberg

The Chicago Bulls made it official Tuesday, hiring Iowa State's Fred Hoiberg to replace Tom Thibodeau.

Hoiberg was long rumoured as the replacement for Thibodeau, who was fired last week after five seasons. Hoiberg went 115-56 with the Cyclones, including four straight NCAA Tournament appearances and back-to-back Big 12 tournament titles. He had open-heart surgery in April.

THE ASSOCIATED PRESS

‘Messi is an extra-terrestrial’

CHAMPIONS LEAGUE

Juventus’ iron curtain Buffon flatters Barca star before final

An alien; an extra-terrestrial; the god of football: These are just some of the words that the Juventus players tasked with stopping Lionel Messi in Saturday’s Champions League final in Berlin have used to describe the Barcelona star.

But stop him they must if Juventus is to have a hope of winning Europe’s elite club competition for the first time since 1996.

The match pits the world’s best outfield player against arguably the world’s best goalkeeper in Gianluigi Buffon and it will be the first time the two greats of football meet.

Messi is attempting to make history by becoming the first player to score in three Champions League finals, while Buffon is hoping to add a first Champions League winners’ medal to his glittering haul of trophies — after losing the 2003 final with Juventus.

“Messi is an extra-terrestrial who plays with us humans,” Buffon said. “So we hope that on June 6 he returns to earth and becomes a human, too.”

Juventus fullback Stephan Lichtsteiner was more positive, urging his fellow defenders to draw on their semifinal experience against Barcelona’s La Liga rival Real Madrid.

Saturday’s final will be the first time Lionel Messi, left, and Gianluigi Buffon have played against each other. GETTY IMAGES

Juventus beat Real Madrid 2-1 at home, with Cristiano Ronaldo scoring for the Spanish side, and progressed following a 1-1 draw at the Bernabeu, where it limited the Portugal star to a penalty.

“(Messi is) one of the best players in the history of football,” Lichsteiner said. “It’s difficult to stop him for the whole 90 minutes but we did that with Ronaldo so I think that as a team we can do a lot. ... We’ll defend as a squad, winning our individual duels, and trying not to give him too much space.”

Messi has scored a staggering 58 goals for Barcelona this season, but he is just one part of a fearsome attacking trio. Messi, Neymar (38 goals) and Luis Suarez (24) have scored 120 times between them this season, making them the most prolific frontline ever.

THE ASSOCIATED PRESS

IN BRIEF

Enrique calls Messi ‘best in history of football’

There is no questioning at Barcelona when it comes to Lionel Messi’s status as the greatest player in football.

That’s why Barcelona coach Luis Enrique took issue with an assessment from Juventus defender Giorgio Chiellini that Messi would have a tougher time scoring goals in the more defensive Italian league. “He can score against any team in any league in the world,” Luis Enrique said Tuesday ahead of this weekend’s Champions League final against the Serie A winner. “The figure of Messi as the best player in the history of football is beyond doubt.”

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Prep time: 10 minutes
Cook time: 8 minutes

Ingredients
- 13 cups frozen edamame beans
- 1 cup canned corn kernels, drained
- ½ diced water chestnuts
- ½ cup diced red bell pepper
- ¼ cup chopped green onions
- ¼ cup chopped cilantro
- 2 Tbsp low-sodium soy sauce
- 1½ Tbsp rice vinegar
- 1 Tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- ½ tsp minced ginger
- 1 tsp toasted sesame seeds

Directions

1. Boil edamame beans just until bright green, approximately three minutes. Drain and rinse with cold water. Place in serving bowl.

2. In non-stick skillet sprayed with vegetable oil, sauté corn just until browned, approximately five minutes. Add to edamame along with water chestnuts, bell pepper, green onions and cilantro.

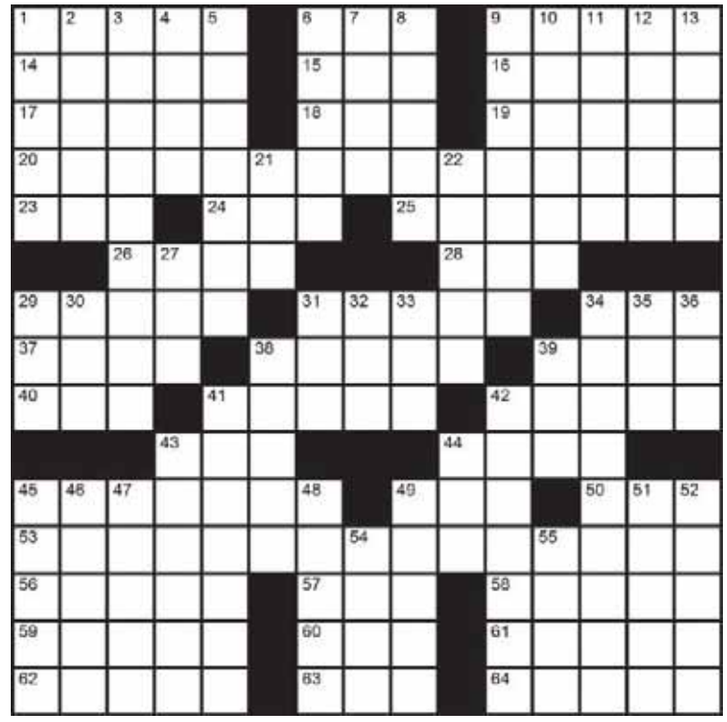
3. Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.

Nutrition per serving
- Calories 257
- Carbohydrates 29 g
- Protein 17 g
- Fat 7.9 g
- Cholesterol 10 mg
- Sodium 398 mg
- Fibre 3.6 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Did some betting at the casino
6. Stephanie Mills song: "What __ Gonna Do with My Lovin'"
9. __ and pains
14. Make _ __ of
15. Faith, for short
16. Utah city
17. Architectural colonnades
18. 'Ranch' suffix
19. Evita musical surname
20. Neighbour of Cdn. territory the Yukon: 4 wds.
23. Henry James __ (British poet)
24. Twi'__ (Humanoid species in the 'Star Wars' universe)
25. Tornado
26. Bitty bug
28. Born, in Boucherville
29. Eyewear, colloquially
31. X-__
34. Faint
37. Waiter's prop
38. Strong
39. Gateway
40. Nevertheless
41. Baby bird sounds
42. Sunups
43. Pecan
44. "It's __ too long!"
45. Famed hotel in New York, Waldorf __
49. Mints brand, __ tac
50. Brain liquid [acronym]
53. 16th-century English explorer who searched for the Northwest†Passage in Canada: 2 wds.
56. Elongated circles
57. Road coat
58. Monk, in Montreal
59. Musical group of nine
60. Long list's ender
61. "This is __ __ sudden!"
62. "__ Anatomy"
63. "Go team!"
64. Green hue

DOWN
1. Fill with fuel: 2 wds.
2. Nervous
3. APTN cooking show, "__ & Marmalade"
4. Coup d'__
5. Removes pepper's table partner
6. False __ (Vancouver inlet)
7. Someone's saver
8. Upward
9. Submitted a CV
10. Wrinkle
11. "The Magnificent Seven" (1960) actor Mr. Buchholz
12. Call forth
13. Navigational aid-at-sea
21. Golfing prop
22. Bristled, like barley
27. Glacial
29. Pig pen
30. __-med student
31. "Sheila" by Tommy __
32. Swiss peak
33. Olde-style word
34. Canadian blues group, __ Blues Band
35. Particle
36. Bride's new title
38. __ stone (Cannot be changed): 2 wds.
39. Actor, Daniel __ Kim
41. Sticking to tradition sorts
42. The little point between the '2' and '5' of 2.5
43. Rachel __, Alberta's new Premier
44. Diner's shirt protector
45. In with
46. Relish an enjoyable experience or flavour [var. sp.]
47. Big name in air conditioners
48. Blue Rodeo's "__ the Rain"
49. Statue of Liberty's light
51. Feel
52. Ozone-damaging refrigerant
54. Pro __ (In proportion)
55. Unaccompanied

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A decision needs to be taken about your financial situation and it is up to you to take it and make it work. Don't keep quiet and let others call the shots — if you do it is they who will gain and you who will pay.

Taurus April 21 - May 21
A battle of wills is likely today but because it is a battle that neither side can win you are advised not to take it too seriously. Speak your mind but don't waste time and energy trying to get others to change theirs.

Gemini May 22 - June 21
If you recently made some kind of error then hold up your hand and admit it. No one will think less of you and punishment is unlikely to be severe. Swallow your pride and accept your share of the blame.

Cancer June 22 - July 23
If you find yourself arguing over a subject you feel strongly about today make sure it does not get out of hand. It is not worth putting a friendship at risk to win a debate that soon everyone will have forgotten about.

Leo July 24 - Aug. 23
You will find your options limited today and there is nothing much you can do about it. It may not be your way to do nothing, but sit tight and wait for the restriction to pass.

Virgo Aug. 24 - Sept. 23
You will hear something over the next 24 hours that you utterly disagree with, but this is not a good time to make your feelings known. It could be that someone is being deliberately provocative just to see how you react.

Libra Sept. 24 - Oct. 23
You won't lack for advice today, but how much of it is good advice? Hardly any of it, according to the planets, so ignore what others say and follow your instincts.

Scorpio Oct. 24 - Nov. 22
There are times when it is right to forgive and forget but this isn't one of them. If you let someone who has damaged you in some way off the hook it will make you look weak and encourage others to take advantage. Get tough.

Sagittarius Nov. 23 - Dec. 21
Don't waste your time and energy trying to figure out something that most likely has no meaning at all. This is one of those occasions when, if you ignore a problem, it won't be a problem for long, so leave it alone.

Capricorn Dec. 22 - Jan. 20
Because everyone else seems happy with what's going on you may be reluctant to voice your disapproval, but chances are if you speak up today others will be encouraged to as well. You're by no means alone.

Aquarius Jan. 21 - Feb. 19
You will encounter opposition in some way today and you are going to have to find a way to balance your domestic responsibilities and your career ambitions. It won't be easy but it can be done — so do it!

Pisces Feb. 20 - March 20
You will get frustrated with people who can't make up their minds today. For your own peace of mind it might be best to leave them out of your plans altogether and just do your own thing.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Difficulty Level ★★★★

6/07

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Optima SX Turbo shown[‡]
Cash purchase price $36,564

HWY / CITY 100KM^: 5.7L/8.9L

INCLUDES A CASH CREDIT OF $4,465**

Offer includes delivery, destination, fees and $4,465 in cash credit. Offer based on new 2015 Optima LX AT FWD (OP742F) with a selling price of $26,464.** Excludes HST.

THIS MONTH ONLY! UP TO $1,000 CASH BONUS[Δ] ON SELECT 2016 SORENTO & 2015 SOUL MODELS[Δ]

2015 RIO CLEAROUT!

Rio4 SX with Navigation shown[‡]
Cash purchase price $24,064
HWY / CITY 100KM^: 6.3L/8.8L

UP TO $3,000 IN CASH SAVINGS**

Offer includes delivery, destination, fees and $3,000 in cash credit.
Offer based on new 2015 Rio LX+ AT (RO743F) with a selling price of $18,664.** Excludes HST.

KIA Finance

5 WE'VE GOT YOU COVERED *5-year/100,000 km worry-free comprehensive warranty.

KIA Official Partner

Kia's new Customer Friendly Pricing includes delivery and destination fees and all mandatory government levies. Prices do not include fuel-fill charges up to $100, dealer administration fees up to $399, licensing or applicable taxes.

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KIA The Power to Surprise

Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from June 2 to 30, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,715, $5 OMVIC fee, $29 tire tax, environmental fee, and $100 A/C charge (where applicable). Excludes other taxes, licensing, registration, insurance, variable dealer administration fee, fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ¤Bonus Cash amounts are offered on select 2015 models and are deducted from the negotiated purchase/lease price before taxes. Certain conditions apply. See your dealer for complete details. §"Don't Pay for 90 days" on select models (90-day payment deferral) applies to purchase financing offers on all new 2015 Forte and Sportage models on approved credit (OAC). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends June 30, 2015. **Representative Financing Example: Financing offer available on approved credit (OAC), on new 2015 Forte LX+ AT (RO743F) with a selling price of $21,764 is based on monthly payments of $296, and includes delivery and destination fees of $1,535, $5 OMVIC fee, $29 tire tax and A/C charge ($100, where applicable) for 60 months at 0% with a $0 down payment/equivalent trade, $0 security deposit and first monthly payment due at lease inception. Offer also includes $4,000 Bonus Cash.[¤] Other taxes, registration, insurance and licensing fees are excluded. Offer ends June 30, 2015. **Representative Leasing Example: Lease offer available on approved credit (OAC), on new 2016 Sorento LX 2.4L FWD (SR75AG) with a selling price of $29,344 is based on monthly payments of $328, and includes delivery and destination fees of $1,715, $5 OMVIC fee, $29 tire tax and A/C charge ($100, where applicable) for 36 months at 1.9% with a $1,050 down payment/equivalent trade, $0 security deposit and first monthly payment due at lease inception. Offer also includes a $1,000 cash bonus.[Δ] Total lease obligation is $11,815 with the option to purchase at the end of the term for $16,707. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). Other taxes, registration, insurance and licensing fees are excluded. Offer ends June 30, 2015. [Δ]Cash bonus amounts are offered on select 2015/2016 models and are deducted from the negotiated purchase/lease price before taxes. Certain conditions apply. See your dealer for complete details. [Ω]Lease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. [✓]Cash savings (cash credit) for 2015 Optima LX AT FWD (OP742F)/2015 Rio LX+ AT (RO743F) are $4,465/$3,000 and available on cash purchase offers only. Cash savings vary by model/trim and are deducted from the negotiated selling price before taxes. Cash purchase price for the new 2015 Optima LX AT FWD (OP742F)/2015 Rio LX+ AT (RO743F) is $21,999/$15,644 and includes delivery and destination fees of $1,535, $5 OMVIC fee, $29 tire tax, A/C charge ($100, where applicable) and a cash credit of $4,465/$3,000. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Offer ends June 30, 2015. Cash Bonus amounts are offered on select 2016 Sorento and 2015 Soul models and are deducted from the negotiated cash purchase, finance or lease price before taxes. Amounts vary by trim and model. Certain conditions apply. See your dealer for complete details. Cash bonus amounts are offered on select 2015/2016 models and are deducted from the negotiated purchase/lease price before taxes. Certain conditions apply. See your dealer for complete details. ^Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (FO748F)/2015 Rio4 SX with Navigation (RO749F)/2015 Optima SX Turbo AT (OP748F)/2016 Sorento SX Turbo AWD (SR75JG) is $26,695/$22,395/$34,895/$42,095. ^ Highway/city fuel consumption is based on the 2015 Rio LX+ ECO AT/2015 Forte 1.8L MPI 4-cyl AT/2015 Optima 2.4L GDI AT/2016 Sorento SX 2.0L Turbo AWD. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. 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